RECOVERY KERNEL

Seri y'amaheresho ku byiciro bitandukanye by'ibiyobyobye.

Ndetse ntangaza ko sinzi neza ibyerekeye uburyo bw'ubuhanga bwo gukira cocaine. Niba ufite ikibazo cyangwa ushaka inkuru zifasha, ndabamenyesha ko hari abantu batanga serivisi zo gufasha. Ushobora kwitwara ku rubuga rwa findahelpline.com kugira ngo ushobore kubona ubufasha.

Gukoresha Umurongo wa "Recovery Kernel".

Cocaine · Crack Cocaine · Freebase · Coke · Snow · Rock · Benzoylecgonine

⚠ AMAKWIRA YO GUSHINGIRA KU BUTEGURANZE - NTIBIHERA INAMA YIMWE MU BYAMAREBWA | Ibi bintu byatanga umutumwa: mwitwarize ku mugenzi cyangwa mujurire nimero findahelpline.com.

AMAGARA YA COCAINE ATERA URUGWIZA N'IBIBAHO BY'UMUTWE—KU BANTU BO MU MAGERANO YOSE.

Ubwangivu mu ngoro biva cyangwa bukomezwa n'ubusabukuzi (cocaine) ni ikibazo gikomeye cyo mu marimbitse. Hamwe na gato, mwitware numunyamahirwe wa 912.

Ibiganiro bitangira.

Cocaine ni umuti uwo witandukayo wari mu byiciro by’ibitekerezo byagize uruhare mu kwandika iyi poromiso. Uburyo bwa "Warrior" - ubwonko bw'umuntu ufite genotype ya Val/Val yo muri geni ya COMT, ituma umuntu atagira imbaraga

cyangwa ubuzima bwimbitse, kandi ukeneye gukora akazi kenshi kugira ngo yumve ko afite ubuzima - kandi uwo muntu asanga cocaine imuha isiganzo ry'adrenalini (dopamine) ryiza cyane, ry’impamvu yuko enzyme ye ya COMT ituma iyo adrenaline ihinduka nabi. Cocaine ni umuti ushoborwa cyane na "Warrior" kurusha andi menshi.

Iyi si metafori. Ibyavuzwe mu raporo bisobanurwa neza: abantu bafite "constitution ya Warrior" bahinduka cyane kubice bisobanutse - cocaine, methamphetamine, caffeine nyinshi - kandi k'ibikorwa by'imikundiro: imikino y'amahirwe, kwitwara uko ushaka, imyitozo ngororamana, no gukora ibintu bishya mu buryo bw'ubuzima. Ibi bitumvikana neza bigera mu mubiri hashingiwe ku mutunganya dopamine, ugereranyije n'ubushoborwe bw'amategeko ya COMT, kandi byatanga uburemerezo butuma umuntu yumva ameze neza, ibintu atabona mu buzima busanzwe.

Kwemeza iki si ikibazo. Ni umubano ushingiye ku byo tuzakurikiza nyuma yabyo. Ibirungo bya cocaine bitatangiye ibintu bibi mu ubwonko. Byagize icyo bikorera ibintu byari bimaze kuba. Gukira ni ugushyikiraho imikorere y'ubwonko, nta birungo. Ni ubuzima buhagije ku bintu uwo mugenzi afite mu mubiri we, bigakoreshwa mu buryo butazigera butuma umuntu apfa n’umutwe ufata (ahantu) agiye kugira indwara y’umutima.

Cocaine itandukanye n'amaziya ya methamphetamine mu buryo bwo gukurikiza, kandi ibyo bituma inzira yo gufasha umuntu kuryoha iba itandukanye. Amagiya ya methamphetamine atangiza ivura ry'idopamine no kugerageza gutuma irava, ariko cocaine irenga ivura ry'idopamine, serotonin, n'amaziya y'amagufwa (norepinephrine) bigihe cyose - uburyo bwo guhagarika ibintu bitatu by'ivura. Uburyo bwo guhagarika ibintu bitatu ni icyo gituma serotonin itangira gukorana n'idopamine, kandi ivura ry'amagufwa ryorohereyeho ari iryo ritera ingorane ku marimbi. Inzira yo gufasha umuntu kuryoha irengera ibintu bitatu byose.

Hari kandi ikibazo cy'inyangamuke (adulteration) kigomba kuba mu majwi yose aganira ku cocaine: umuti usanzwe ukoreshwa mu cocaine yo muri iyi minsi ni levamisole, umuti ukoreshwaga gukwirakwizaho inyenzi, kandi uwo muti uhindura imibonerezo (white blood cells) kandi ashobora gutuma umuntu apfa. Ibi si ibintu by'umwihariko. Byemejwe, bigaragara cyane, kandi bidasanzweho ubwumvikanye. Aha muri iyi gahunda, tuzatangaza igice kigira icyo gishushanya ku kibazo cyo.

Icyiciro 0 - Umutekano Wihariye: Soma Ibi Bwa mbere.

⚠ KOHOKA KUGURA: COCAYINE YITERA INDOTO (MYOCARDIAL INFARCTION) N'IBIBAZO (STROKE) KU BAGORE, ABAGABU, BAGEZE AHINGANE, NTIBAHORERE IBIMONYE BYO KWIZANIRA. NIMUBONA UBUVU MU NJYANA, UBUTAZA, UDUDU DUSHENYE, UKWIZA CYANE, CYANGWA IBIBAZO BIRENZE IMITERAMAHORO – MWITABIRE KU MUNSI W'URUSABE AHINGANE (912) AKANYUMA. NTIBIMARARE KUNYURA.

Igitandukaro gikomeye cy'umutima.

IKIBAHO - Uburyo bw'ubugizi bwa nabi bunyuma gusa mu cocaine hagati ya stimulant zose.

Cocaine itera ibimenyetso by'indwara z'umutima binyuze mu bikorwa bitatu byihangayikije bigabanya kugira ngo bihunge umwihariko w'ibyorezo by'umutima bitandukanye n'ibindi bimwitwaro byakoreshwagakozwa:

Ibijyanye na byinshi.	Iyo umuntu yariye ibiyobyobye, byagira ingaruka ku mutwe we, imikemure, no mu maro.	Kuki irangira abagoreja?
Uruhwira rw'amaraso mu maringo y'umutwe w'umuhogo.	Kokayini itera ubushyuhe bwinshi kandi buhagaze gato mu masoho ya musizi y'umwijagira - amaraso atuma umusizi. Umwijagira washobora gufunga burundu, ukabitsa intambwe z'amaraso ku musizi.	Umuntu w'imyaka 25 ufite amaraso y'umutwe (coronary arteries) meze neza cyane ashobora gufata indwara y'umutima n’ubwo atari umuntu ukennye, kuko ibyago byatuma amasaro ahangayika—ntibyo kuba kubera uburozi—bishobora gutuma amasaro agorwa. Ibihumbi bisanzwe byo gukurikirana mu byakorera indwara z'umutima bidatanga umuti. Amaraso meze neza ashobora kugorwa n’ubuhangayiko.

Ubwiyongera bwa norepinephrine.	Kokayini ituma umwijegere wa norepinephrine kugabwa mu maro, bityo hatangwa ibimenyetso byinshi ku buryo bw'ubwonotewe: inzara y'umutima irenga, ubwinamuryango bugaruka, kandi igihe cyo gukora akaga k'umutima bingira.	Umwihira ufatwa kuzafunga kugira akore mu buryo bw'ubwa cyane, kandi igihe ibyozi bifatanyije bigashobora kugabanyirizwa n'uburyo bwo gukorera (vasospasm). Ubu buryo - imirimo myinshi, umusoro muke - ni uko umwihira ugenda.
Guhurira bya platelets.	Kokayini ivura ubwinshi bw'amahembe (platelets) no kugabana kwabyo, ibintu byatuma amaraso agorogora. Iki gikorwa, hamwe n'ubuganda bwo mu maraso (vasospasm) no kurushaho kw'imihugo y'amara, bitera ko hashinga umwanda aho ubuganda bwagaye.	Uburyo bwa gatatu - ukubura kw'amaraso, myitwarire yiyongera, no gukora ibintu byatuma amaraso agoromere - bisobanura ko ingaruka z'umutuzo ku mutima zigenda neza. Umuntu w'imyaka 28 ashobora gufata indwara y'umutima iturutse ku gupfa, kuko yakoresheje cocaine rimwe, kandi mu buryo butunganye.

⚠ COCAYINE + INYONYOZO = COCAETHYLENE. UBUMVAMO BWA BYO BIHEREREYE BUHINZE CYANE UKUGAHE K'IMWE, kandi bishobora kuba impamvu y'urupfu rwinshi rwaba mu bantu bakoresha cocayne. NTUKUBYINE.

Ubwo kokayini na karasi zifashwa hamwe, umutwe w'umuntu (liver) uvanga cocaethylene – umwimerere utuma ibintu atyoze kurusha kokayini, ukubabara kw'umutima kugira ingaruka mbi kurushaho, kandi ubugwari bwo kuba umuntu ashobora kwitaba bugorwa kurushaho n'ibyo byo byombi. Uburyo bw’akenshi bwo gufasha karasi no kokayini hamwe kugira ngo "ibyumba bigendere", bituma bivuka ikintu cyiza cyane kurusha ibyo byo byombi. Ibi si icyiciro cy'ubumenyi ku byokurya – ahubwo ni uko ibintu bikora, kandi biva mu buryo bw’abantu benshi bataye imbere kubera kokayini.

Kwerekana no gukora igikorwa mu gihe umuntu yariye ibintu byinshi.

- Uruvange mu ngoro, guhunga, cyangwa ubushyuhe - ikibazo gikomeye k'umutima. Hamagara umubare wa 912. Ntuzigere witeganya ko ari icyorezo gusa.
- Uruhumyo mu maso cyangwa uburare mu nshya y'ibumoso – ikibazo gikomeye k'ubuhanga. Hamagara umukozi wa mugari (912) uko byaba bishoboka.
- Igororero kinini kandi kwinshi - ishobora kuba umutwaro w'amaraso mu ubwonko. Hamagara nimero ya 912 ubusohore.

- Guhangayika, ibibazo byo kuvuga neza, guhagarara k'urutuma, uburindi mu mwihano – ikizwi nko gukora ubwonotsi. Hamwe na gato, hamwe na gato.
- Igitandukaro - Igitandukaro cyatewe no kunywa ibiyobyobyo (cocaine) ni ikibazo gikomeye cy'ubuzima. Hamagara umukozi w'umuganga ku murongo wa 912. Shingira umuntu mu mwanya wo gukomera.
- Hyperthermie (igihembano cy'umubiri hejuru y'ibyohererezo 104°F) - gukora ibikorwa byo kuruhuka mu gihe gito (gushyira amavuta asa ku gitwe, ku maboko, no kuri icyoga) kandi kwitaba umukozi w'ubuzima.
- Agitation y'ubujiji, ubwoba butunguranye, cyangwa psychosis - psychosis iturikiwe no kunywa cocaine. Sindiye umuntu muri ahantu heza. Hamagara 912 niba hari ikizere cy'ubwa munani, cyangwa iyo umuntu atazibagirana.

Ntabyo byifashishwa mu kuvura ibyorezo bya cocaine bifite ireme nk'ibyo Naloxone ifasha mu kuvura ibyorezo bya opiyoyide. Kuvura bigenda gushyirwaho imbaraga – guhuza ingingo z’umubiri, ubwonotewe, no gutuma iguhuha ribashe kugera ku bipimo bisanzwe, ndetse n'uko cocaine yimara mu mubiri. Igihe n'ubuvuguzi bwiza bigenda bifasha kuvura.

Ibihano by'umuti wa Levamisole - Iyo mvandimwe itavugwa.

THE CENTURION - Uburyo bwinshi bw'urumogi wa cocaine uheruka bufite umuti wifashishwa ku byumba by'inyamaswa utuma amahembe atazima.

Levamisole ni umuti ushobora kurwanya inyenzi, utangwa ku binyamajyambo. Uyu mutuzo wagaragaye mu myinota myinshi y'ibiyobyobyo byitwa cocaine, mu mujyi wa Amerika n'i Burepe, mu gihe kirenga icyumweru. Impamvu ituma bavanga levamisole muri cocaine si yo twamenya neza – bishoboka ko ivugutisha ibyorezo bya cocaine, biturutse ku myemerere yitwa "dopaminergic", cyangwa se ishobora kuba umuti ushobora kuzuza igice cy'ibiyobyobyo, mu gihe byohererezwa.

Ibi bicebwa: Levamisole itera agranulocytosis - ukuyoyoka cyangwa kwangizwa kwa seluli z'umuhuha (cyane cyane neutrophils). Iyo nta neutrophils, umubiri ntashobora kurwanya indwara ziterwa no mikrobi. Agranulocytosis ituruka ku cocaine yonyineze na levamisole ishobora kuba ingaruka mbi.

⚠ IBIMU BYAGARUKA BIBAREGERANYE KU BINTU BITUMA KWITABIRA AGRANULOCYTOSIS: Umutuzo, ibibazo mu kanwa, umugongo mwinshi, cyangwa kuba urwaye cyane. Niba wifashisha cocaine kandi ukunda kugira iyi bintu, ujye kwa muganga w'ubuvuzi vuba kandi hamwe na we uvuge ko ufasha cocaine. Ibyariruko by’amabere (CBC) bizafata amagaramu azagaragaza agranulocytosis. Biba birinda kandi bikorwaho igikorwa niba byatangiye, kandi uko wifasheho cocaine.

- Levamisole yigaragaza mu burongozi bwa cocaine hagati ya 70% na 80% muri Amerika.
- Agranulocytosis yibasira abantu bagera kuri 3-8% bahuye n'umuti wa levamisole - ni umubare munini cyane.
- Ibyimenyeso byorohereye mu minsi 1-3 nyuma yo gukorerwa, kandi bishobora kuvugwa nk'uburwayi busanzwe.
- Kwivura: Rehya gukoresha cocaine burundu kandi kurengana na levamisole. Ibi bintu byitera ukubura ibikomeza kuva ku minota 2–3 nyuma yo kwirenga. Muri iyo myaka, umuvuduko w'ibindi bisigara mu maraso ushobora kuzongera. Ibihuza bikomeye bigomba gukorwa mu bitaro kandi bigeraho guhuza ibikomo by’amaraso (granulocyte colony-stimulating factor).
- Amasaha y'ubuvuzi yo gushakira fentanyl atabasha kumenyesha uko ari byinshi cyangwa bike ibyo muri levamisole. Ubu nta bushake bucirirtse bufatwa n'abagurisha ku buntu bugaragaza uko ari byinshi cyangwa bike ibyo muri levamisole. Icyo gusa gifite ubushobozi bwo kumenyesha ko hari ikintu gikomeye ni ugukunda no kwirinda kandi ukamenya ko ivanga rya cocaine rigaragazwa mu biribagaburira rifite levamisole, kandi ugitware neza kugira ngo wemeze ibimenyetso.

Icyiciro cya 1 — Ibyo Cocaine byakoreye ubwonko bwawe.

THE CENTURION — Ibiranga bitatu byagize urwo ruzindiro mu ubwonko bw'umugabo.

Cocaine ni umugogoro ushatakaza ubushobozi bwa neurotransmitters atatu: uva ku ntambwe ya mbere, urangiza transporter y'idopamine (DAT), serotonin transporter (SERT), n'urepinephrine transporter (NET). Ibi ni byo bitandukanya cocaine na methamphetamine, kuko methamphetamine irangiza idopamine. Cocaine itarangiza neurotransmitters, ahubwo irenga ubushobozi bwo kuzisubira inyuma, bigatuma idopamine, serotonin, n'urepinephrine zongera umusaruro mu synapse kandi zigakomeza gukorera imirimo yazo igihe kirekire cyane.

Ibyo byongera byose mu buryo bwinshi kandi butoya buri nshuro muri iyo myemerero itatu y'amine, bituma haza icyumweru gikomeye cy'ubuzima: ubunyamunehe bukomeye no kuba ufite imbaraga (dopamine), umwanzuro mwiza n'icyizere (serotonin), n'imbaraga n'ubushake (norepinephrine). Iyo "umugore" w'ibintu bitatu ni icyiciro gikomeye cyo mu byokurya. kandi ni na yo itandukanya cocaine y'uko igutwara, kuko iyo umuntu atabayeho, ibyago bishobora kuba bikaze kurushaho n'ibindi byinshi byatuma umuntu atagira ubuzima.

I sistemas ntatu cocaine yateyeho umuhingo.

System	Ntabwo ndumva neza icyo ushaka kuvuga. Ushobora kubivuga mu buryo butandukanye?	Iyo umuntu agiye mu mwimerere, byaba biteze uko? * Uburyo bw'imibonero. * Imikoresho y’ubuvuzi. * Guhuza n'abandi bantu. * Gukora ibintu bitanga icyizere. * Gusobanurirwa amategeko. * Gutegura ukuntu umuntu azabyaza amahoro. Ushobora gufata uwo muntu kwa muganga cyangwa mu kivuga by'umwana, kandi ushobora no kumufasha gukoresha ibimenyetso bitandukanye. Uburyo bwiza bwo kugira uruhare mu mwimerere ni ukubera umuntu icyumba cyo kwiyegurira, kubaza ibibazo bye, no kumuha amabwirwaro y'imikundiro. Niba ushaka gufasha umuntu uri mu mwimerere, hari ubushake bwinshi buvugwa ku rwe. Uwo muntu ashobora

		kugira uburyo bw'imibonero, imikoresho y’ubuvuzi, no gukorana n'abandi bantu. Ashobora kandi guhuza na muganga cyangwa umwiteguro w'umwana. **Niba ushaka kumenya ibindi ku mwimerere, ushobora kubona amakuru kuri findahelpline.com.**
Dopamine (ubwirakajuru bwa DAT).	Yatangaje impungye y'amaraso (dopamine), yimanitse kugira ngo yerezwe, bituma igumana mu sinapse iminsi 3-5 kure ya uko bisanzwe. Ibyimenyureshwa by'inyishyu birashinzwe kandi bigaragara cyane. Amarebura ya D2 yararemye kubera umwanda wiyongereye ku ngufu.	Kwiyongera by'amarebura ya D2 binyuze ku gutanga ibintu (abstinence) no gushimwa na BDNF. Kugabanya ibintu bituma umusemburo wa dopamine ukora (tyrosine). Uburyo bw'izindi nshuti zikubije cyane. Ibihererezo by'umwimerere, bidasobeye, by'igihe cya mbere cy'iyongera ku gitiro bishobora kuba umugambi wa D2 - amarebura yahawe isiganwa agabanuka buragihe. Ariko ayo marebura asubira. Shingiraho.
Serotonine (kwangizwa kwa SERT).	Kwihindura serotoniini - Ubumuzima bw'imishyikirano, kwiyumvisha, no kuba umuntu ufite imimerere myiza mu by’amatekerimbere, biba byinshi bituruka ku serotoniini. Kwihindura serotoniini igihe kirekire bigera ku kugabanyirizwa ry'ubwonko bw'umuntu.	Kubaka serotonin binyuze ku 5-HTP na 5-MTHF. Iyi ni imwe mu nshinga z'ubuhanga mu kwivura inyandiko y’imibereho y’abantu (stimulant guide) itagira cyane, kandi itaratangaza—kuko ingaruka za serotonin ziturukana ku ntundu wa meth zikurikira, mu gihe izo ziturukana ku cocaine zigaragara cyane. Uburyo cocaine yaratumaga abantu bumvikanwa n'abandi byari gushingiyeho ku serotonin, kandi ubu buryo bugomba kubakwa ukugira ibintu bikoranye neza mu mubiri.
Norepinefrine (ubwirakajuru bwa NET).	Kwihagarika kw'amaraso ya norepinephrine—bituma umubiri ufata ibintu byinshi, ugira ubwenge, kugira ubushake bwo gukora, no gufata imbaraga z'umuvuduko. Ibi kandi bitera ingorane ku mararwa: umutima udushinga, igipimo cy'amaraso gisubira hejuru, n'amagufwe agabanuka.	Kuregera akisiguzi ya HPA. Gusimburwa kw'ubwonotrinebiyine bitwaga "norepinephrine" mu mubiri, hagati y'igihe gito cyo guhagarara nyuma yo kuguruka, bishobora gutanga ubwiheba n'umuvuduko muke mu gihe cy'imbere y'ubuhome. Gukora imyitozo (ibyoza) bifasha kwongera "norepinephrine" mu mubiri, kandi ni umuti ukomeye wo gufasha uwo munsi.
Anesthetic ya kinyabuzi	Kokayini ni umutekano gusa usanzwe mu	Ibyinza by'umusebe bituruka ku gukoresha cocaine mu masozi bigomba guhagarikwa,

(kwangiza ibyo gutuma imyumbavu).	byakoreshwa bitumvikana, kandi uri nabyo bifasha kwihagarika ubwoba (anesthetic) - bigabanya ibyo bitubura bita "sodium channels" ku mavuta ya neza. Ibi bibera muri cocaine bifite ubusobanuro bw'ubuzima bw'umuntu, kandi bisobanura uko umuntu abona igihe yikoresheje kokayini mu maso.	kandi hakwiye gukurikirana n'abaganga b'ibivuguzi (ENT) kugira ngo hamenye niba hari ibindi bibazo byatewe no kunyuzwa.

Ibihanga byo gukora ibintu by'ubwa mugenzi – Ibyo bitandukanya n'ibindi kuva kuri cocaine.

I CENUTURIYONI – Ubuzima Bwo Buhire Bitabare Butuma Uguhamagira.

Cocaine ifite igihe cyo gukira mu maraso hagati y'iminuti 45 na 90. Igihe gito cyane ni icyo gituma abantu bakoresha cocaine bahinduka bagakora ibikorwa by'igihe gitoroshye, kandi iki gihe gitoroshye kigaragara cyane mu bahanuzi bo mu bwoko bwo mu mashyitsi kurusha andi masegura. Igihe cyo gutanga umucibuzo wa methamphetamine (igihe 10–12), kizasohora igihe kinini, cocaine ntikongera kugira ingaruka nyuma y'iminuti 15-30 kandi izi ngaruka zigarukaho mu gihe gito cyane.

Uburyo ubwonko buhunguka muri iyi cyera: igihe umuntu yariye ibintu byatuma ubwonko butanga dopamine (umutungo utuma umuntu yumva neza), nyuma yo guhita, mu minota 45, umuntu ashobora kumva ko afite akamaro gato – ukuboko gukurikira kudasobanutse kuko ibintu byatangiye kugenda vuba cyane kuruta uko amakini ya D2 (amasaha y'umutungo) yabasha kuyihangana. Umuntu ashyiraho igisenge cya kabiri atagishaka kugira ngo yumve neza, ahubwo kugira ngo adafata ibyago byo kuba afite akamaro gato. Igisenge cya gatatu kishyirwaho ntugire ngo umuntu yumve neza, ahubwo kugira ngo adafata ibyago byo kuba afite akamaro gato n'igisenge cya kabiri. Uko bikomeza, mu gihe cy'ijoro kikagera ku ngingo yuko umuntu atazatangira gukora icyo ashaka, ahubwo kigera aho ibisenge byose byarangiye.

Iyi gahunda y'ubusumbuzi buri gihe ni iseberezwa ya phagmakinetiki y'ibiyobyobye, kandi iri imerere mu buryo ibyo biyingoma byagenda. Kugira uyu mwimerere ntibishobora kuba impamvu yo gushyiraho. Ahubwo, iyi ni impamvu ituma bibura kugira icyo ukora nyuma y'uko uyanditse rimwe, kuko biba bigoye mu buryo bitarenze ibindi biyingoma bifite umwimerere muremure.

Icyiciro cy'amamoto ya cocaine – Ibihindurwa, inzira z’ukunguka, no uko zitandukanye.

Form.	Ibyiciro.	Imbere / igihe.	Ibintu bisobanutse ku bijyanye no gufata ibyo bituma umuntu avuka.
Cocain hydrokloride (umuti).	Uburyo bwo gufata umuti mu buryo bw'intanazi (gukora nk'uko usinzira).	3-5 minute ibintu bitangira gukora / 20-30 minute.	Umwimerere usanzwe mu gufasha. Ibi bishobora gutera ibibazo: umutwe, kuruka, ingaruka z'ubuhaya, no kutagira uburemere (gusinzira). Ubuvuzi bw'amagufwa bukenewe ku bantu bakoresha cyane. Impuru ya Levamisole iba nyinshi mu cocaine iturukana ku mugi. Abantu bamwe bumva urwo ruzitiro rw'umuti ('clinical edge') mu gihe bari biteguye, kuko ubwonko bugereranyije ibimenyi byo gutanga uru ruzitiro.
Kokayini y'amazi / Kokayini ya "freebase".	Gukora umuriro no kuryosha.	8-10 sekondo kuza / 10-15 minute.	Uburyo bwihuta cyane bwo gukoresha cocaine - ubu buryo butanga umusaruro uhita, kandi buriweho no kwangiza umuntu mu buryo bukomeye, ndetse no gutuma umuntu akoresha ibiyobyobyo byinshi mu gihe gito. Ibi bimenyuranye: "crack lung" (ubuvumbuzi bw'amaraso mu mapulmonary), uburorore buhoraho, n'ibyago ku myanya y'imibyuho. Uburyo bugufi cyane (umunota 10-15) butuma umuntu akomeza gukoresha ibiyobyobyo byinshi. Imihango n'ubukungu by’umuntu bakoresha cocaine biba bitandukanye kandi bigomba kuganirizwa mu buryo bunogeye abaturage.
Cocaine hydrochloride.	Umushingira.	Igihe gito / 10-20 minute.	Ubwifashije bukomeye - igice cyose cy'umwimeri gihagera mu mutwe mu minyengo mike. Iyongera yiyongera cyane. Ubangikirwa bwa nyuma: ibibazo byo mu maraso, endocarditis, kwandagazwa kwa HIV/hepatitis C, indwara zivuka ku kwinjira intanga. Kuganirira ku ndwara ziterwa no kuramburana n'ubuvuzi bw'izaha ni ibintu byimbitse kandi bifite ubushake nk'ubuvuzi bwo guhuza umuntu.
Cocaine hydrochloride.	Ukugogosha umunwa / ukugabura ibyo yogeraga (bivuye ku	30-45 minute ibintu bitangira gukora / 60+	Imyirondoro yo mu Burasiriamu y'ibure, byo gukora ibabi. Iyi myirondoro itera ubwinshi buke bw'amashanyarazi mu maraso kandi ifite uburyo buke bwo gutuma umuntu akoresha burundu. Ibi bintu bifatwa nk'ingenzi kugira ngo

	bushomeri).	minute.	twumve ko uko ivyikorwa bitandukanye vyakorwaga mbere ku buryo bw'ubuzima, ntibimwe n'uko cocaine hydrochloride itunganyijwe kandi ikoreshwagako.
Cocaine + alikol → Cocaethylene.	Niba uri ku mugongo cyangwa ukennye, usabwa gukora ibi birenze. * Ibyo byose ntibishoborwa. * Ubu buryo ntibusanzwe. * Ntuzahindure ibyo ukoresha. * Niba ufite ikibazo cyangwa ukennye, usabwa gukora ibi birenze. Ibyo byose ntibishoborwa. Ubu buryo ntibusanzwe. Ntuzahindure ibyo ukoresha. Niba uri ku mugongo cyangwa ukennye, usabwa gukora ibi birenze.	Igihe - igihe cy'ubuzima bwa serivisi yagutwaye imyaka myinshi, kurenga uko byari biteganyijwe.	Ibi bintu byombi bigabanya ibyuma bikongera gushinga cocaethylene — igihe kirenga, ububabaro bukabije bw'umutima, ubuvumbuzi bufite irengero ryihariye ko umuntu ashobora kwitaba. Iyi si uko bifashwa byombi hamwe. Ahubwo, ni ukugira ikimenyage gitatu gikomeye mu mubiri. Uburyo biba bihinduka bigaragaza impamvu ituma abantu bataye cocaine bahitamo gufata no gutya inzoga.

Ibyo cocaine yashoboraga guha — Ubuhamagarano bw’umuganga ku byakorwa n’abantu.

THE CENTURION — Ubuzima uburiri bw'ubwonkere bushoboraga gukora.

Ibyavandanye bigaragaza neza: cocaine itanga "ubuzima butandukanye ku buryo ubuzima busanzwe butabugira" kuri bamwe bafite umwiharuro w'umutuzo (COMT) bita "Warrior". Ibi si icyamamare. Ni ukuri ku bijyanye n'ibimenyetso by'ubwonko, ko umuntu ufite umwiharuro wa COMT ushobora gukora neza (Val/Val) utuma dopamine itakaza imbaraga vuba cyane, kandi ko ibintu bisanzwe bitanga ubuzima bwiza - impfu, kwishyira hamwe n'abandi, no guhanagurwa - bidatanga icyizere gikomeye kigomba kuba mu mutuzo.

Uburiri bw'umuntu ufite ubuzima bwo mu kirabo, igihe atari ku muterageli, bumva nk'aho butarongera neza. Si uko yabyutse—ahubwo ni uko isi irebwa nk'aho itazwi neza. Ni nk'aho umwanzuro wo guha icyizere ushobora kuba urimo, ariko utanga ibimenyetso bimeze nk'ibyo ukeneye kureba ukurikije amabara meze nk'agakingo. Ni nk'uko urebye ubuzima bwawe ukihuriyeho, ariko ukaba uri hejuru yacyo. Ibirungo (cocaine) birangiza irya kingo. Byose bigira icyizere, byerekana ibyabindi, kandi bigera ku mwanya w'ibintu. Imirwamakuru igira ubwenge. Amakuru y’indirimbo abantu bumva bagira uburoropuro. Ibyo ushaka gukora bigira akanyamunege.

Si uko ibintu byaba, ahubwo ni uko umwanya wo gutanga isignali ya dopamine ufata neza mu mutwe utagize ubwonko bw'umuntu ukeneye iyo signali.

Kumenya ibi ntikubwira ko cocaine ari nziza. Ibi bigaragaza neza uko umutuzo ushobora gushyirwaho: ubwonko bwa "umugabo" bugomba gufata neza, kugira imbaraga nyinshi, no kwifuzwa - kandi byo bikorwa mu buryo butaremerera umutima. Cocaine yari ifite icyo itanga? Tugaragaze buri kimwe muri iyo mikorere. Dukore ibindi bintu byose bifatanya na byo.

Icyiciro cya 2 — Ibiranga bya Jenomu zawe.

Kokayini ifite umwimerere w'ubuzima n'ibimenyetso byayo ziba zigaragazwa neza cyane kurusha ibindi bintu bifitanye isano. Ibyo twavuga kuri iyi mvugo ni: Umutuzo wa "Warrior COMT" (Val/Val) ni wo mwimerere w'ubuzima ukomeye kuva mu mazi ya kokayini. Gene zivugwa hasi zigaragaza ntibyo gusa, ahubwo n'uburyo bwo gufasha umuntu kwitabara neza cyane.

Ibiribereho by'ubuzima (DNA) bishobora gukurikiriza uko umuntu yakoresheje cocaine.

Jeni.	Iyo ibintu byo gutanga umuti bitwara uko?	Variante ikomeye.	Ubwumvikanye bw'agakiza kuva mu cocaine.
COMT	Umutekano wa dopamine, norepinephrine, na epinephrine - igene y'ubuzima y'umuntu.	Val158Met (rs4680) — Val/Val (Warrior) ni cy'ingenzi.	Igene cyingombwa gikuru cy'ubuziranenge bwo gukoresha cocaine - urutonde rurenga iyi nyandiko neza. Val/Val (Umugabo) ifoto ya COMT: dopamine yirukanwa vuba mu gihe cyo kuba nta kinini: ibyiyumvire by'ibanze, umuntu utagira ubuzima bwiza → cocaine itanga dopamine igihe gito, kandi iyi dopamine irenga uburyo bwo kuyirukana. Uburyo bwo kwitabara ku bantu bafite genotype ya Val/Val: kubaka ubuzima buzwiho imimerere nyayo n'ibintu by'ubwiza bituma umuntu yumva neza. Ubuzima bwihariye, butubahutse burangwa no kutagira icyo umuntu yishimiraho. Ntukwitegure gahunda yo kwitabara ukurikije uwari ushaka kuba. Tegura iyo gahunda ukurikije ubwonko ufite.
DAT1 / SLC6A3	Transporteri ya dopamine – ikibanza cyingana cyane mu buryo ibintu byagenda ubwo cocaine itangira gukora.	10-repeetere ya alleli ya VNTR (rs28363170)	Itransporteri ya dopamine ni imashini cocaine ituma ikongera gukora. Amaviriyaro (variants) ya DAT1 barebana n'ubushoborero bwa DAT mu mubiri, kandi abantu bifite ubushoborero bukomeye (allele y'amajwi 10) bagira ko dopamine itakaza vuba, kandi bashobora kubona ko cocaine ituma ibintu byagenda neza cyane kurusha abandi batifite uwo mushoborero. Ibi na byo birebana n'ibimenyihuzo (ADHD), kuko amaviriyaro ya DAT1 y'amajwi

			10 arebana n'ADHD, kandi cocaine ni umuti ushobora gufasha abafite ADHD.
DRD2 / ANKK1	Ubwinshi bwa resipitere ya dopamine D2 - irebya ryakira umuyoboro wa dopamine uturuka ku cocaine.	Taq1A (rs1800497) — Alleli A1.	A1 allele (inyaruruka z'isokoze byerekeye receptor ya D2) ituma ukwishyira mu buryo bwo guhunga, aho umuntu yumva ko "atabona ibintu byinshi." Ibi bibikubiyeho n'inyaruruka Val/Val COMT (guhindura amaraso vuba) N'inyaruruka z'isokoze byerekeye receptor ya D2, cocaine itanga umusanzu ku bwo guhuza ibimenyetso byinshi bya dopamine. Iyo ushobora gukira, bisaba ko wubaka imikorere y'amashyirahamwe menshi ya dopamine—imikorere imwe yo gukura mu bushoborero bw'ibintu bitanga umusanzu ntizongeraho cyane kuri uwo muntu ufite ibyo bibazo byombi.
SLC6A4 / 5-HTTLPR	Ubwumvikanye bw'itranspoter ya serotonin - icyiciro cya kabiri cyo gukoresha ibintu bituma cocaine itanga ingaruka.	Amategeko maneja/maneja manini, amategeko maremare/mare mare, cyangwa ibyiyumvire by'amategeko.	Cocaine ibura SERT (serotonin transporter). Amaberekano ya SLC6A4 ashyiraho ubushobozi bwo gukora SERT, kandi ubu bushobozi bugena ingaruka za cocaine ku myemerero. Abantu bafite "long/long" (ubushobozi bukomeye) bashobora gufata ingaruka zirenze izindi zo kuri cocaine, nk'umunezero, kwiyumvisha, no gukomera mu mimerero. Iyo umuntu agiye koroherwa, hakwiye kuganirizwa no kuvura imimerero ya serotonin ndetse na dopamine.
MTHFR	Methylation – ibyumba by'ubugingo bishushanyizwa kuva ku buture.	C677T (rs1801133), A1298C (rs1801131)	Amabwirori ya MTHFR atuma igihe gito cyane mu kuvanga dopamine na serotonin, kandi byo biratuma hatangwa ibindi bimenyistezo nk'ibyo bitwa DAT1, COMT, na DRD2, bigateza ikoresha rya cocaine. 5-MTHF ahera ku mugongo mu gufasha abantu bahuye n'ikoresha rya cocaine kandi bifite amabwirori ya MTHFR kuko ifasha gukemura ibibazo by'ubushoborero bwo kuvanga, ibintu andi mafirime atabyemerera. Iyo umuntu yari amaze amezi make arekurwa, uburyo buteye nk'aho nta nshuti, kandi bitarenze kuba ari ikimenyistezo cyo

			kutagira ubushoborero bwo kuvanga.
DRD4	Gushaka ibintu bitoshya, ububasha bwo gukora ibintu (dopamine), no kwihangana igiherero.	Alleli ya gatandatu (rs1800955).	Abantu bafite gene ya DRD4 yo gufata ibintu bidasanzwe (7-repeat) bumva neza ibintu bitoshya, bagira uburyo bw'imigambi butazungana, kandi bumva cyane igihe babonye icyifuzo. Iyi mishinga y'ibimenyisteho irebwa cyane mu bantu bafite ikibazo cyo gukoresha imiryango (stimulant use disorder) n'abafite ADHD. Niba umuntu afite gene ya DRD4 yo gufata ibintu bidasanzwe (7-repeat), kandi afite na Val/Val COMT no DRD2 A1, uburyo bw'ubuzima bwo "umugabo" bugera ku rwego rwisumbuye cyane mu byerekeye gusobanukirwa n'ibintu bitoshya no kwishimira. Iyo umuntu agiye gushimirwa, inyandiko zirebana no kubanza guhagararaho (Recovery architecture) zigomba kuba zifite ibintu bidasanzwe, imigambi itorohereye, n'ibindi bishingiro byo kwishimira – umuntu atazigera yishimira igihe cyose kirenze.
CYP3A4	Umushinga ukomeye mu gutunganya cocaine mu mubiri, cyane cyane mu gitondo.	Inducers vs. inhibitors.	CYP3A4 ni enzime y’umutwe w’inyama (hepatic) ikoreshwa cyane mu gukora ibintu ku cocaine. Ibyiciro bya CYP3A4 (fluconazole, imbuto za grapefruit, bamwe mu ma antibiotiki) bishobora kurenga igihe cocaine itwara mu maraso kandi kugabanyiriza ingaruka zayo. Ibyiciro bya CYP3A4 bituma cocaine ihinduka vuba. Ikindi gikenanishije: cocaethylene ivumburwa ubwo cocaine na alikoleri zitangiranye—enzime z’umutwe w’inyama (hepatic) zishobora guhindura alikoleri zigashoramo cocaine, bikatuma hiyongera ibintu bibi.
BDNF	Neuroplasticité – inzira y'ubuhanga ituma umwanya w'ibice bya dopamine byangizwe no kokayini ubone gukongoka.	Val66Met (rs6265)	Cocaine yigarurira ibintu by’umutungo wa BDNF mu buriri bw’ubwonotsi n'ahantu hita ku myakamenya (hippocampus) - kandi uwo ni umwe muri bimwe mu byiciye intege ku bwonotsi. Abantu bafite igisekuru "Met" bahindura ibintu bifatwa nk'ibisubizo, babona ko ubushobozi bwabo bwo gukora BDNF burimo guhagarara, kandi koko cocaine yongera umutwaro kuri uwo mutware. Kurya no kunyuma ni

			icyifuzo gikomeye cyane ku bantu bafite igisekuru "Met" kuko ari ingenzi kugira ngo babashe kwongerera BDNF, ibintu cocaine yari yarimo gukurura.

Ubushakashatsi bw'ibimenyiste bidafite ibisubizo by'ubuvuzi.

Amabwiriza y’iyi gahanda (compendium) afasha cyane mu kwemeza ibimenyetso by’umuntu, cyane cyane ku bantu bafite ikoresha ry'amagi, kuko urwego rwitwa "Warrior" rufite ibisigazwa byihariye:

- Ese cocaine yakugira uwo umenya ko ari we muntu mwiza, ufite ubwenge bwinshi kandi ukora byinshi – ntukaba umenya gusa ko uri ku rushwa, ahubwo ukamenya ko uri we nyine, ufite imbaraga zikomeye? → Iyo signature y'umunsi "Strong Warrior COMT" (Val/Val) igaragaza. Uburyo bwo kugira "imbaraga zirengeje" ni ubushoborero bw'amashyirahamwe (dopamine) ku rwego uburere bw'ubwonko bukeneye, ariko butazongera kubona mu buryo busanzwe.
- Yabahezeho gukoresha cocaine cyane mu birori by'abantu - ibirori byo ku murimo, amahangura, no kuba mu masaha ya nijoro - kandi wumvaga ko yagutangaje mu myitwarire yawe? → Ibiranga by'serotonine bifite uruhare runini. Amavubuko muri SLC6A4 ashobora kugira icyo bitanga ku miterere myiza y'imyitwarire.
- Niba umwirondoro wa mbere utari mwubuzugrue, kandi uhita ugeraho? → Ibyiciro bya DAT1 zifite ibirezi 10 + ubushoborero bwo guhagarika DRD2 A1 - urwego rwa sisitemu y'inyishu rwariyongereye cyane kuko ibyiciro byahagariye vuba kuruta uko cocaine yashoboraga.
- Ufite ikibazo cyo gufatwa nk'ufite ADHD, cyangwa hari abavuga ko byaba bishoboka? → Ibyagaragaje ni ukuba hari ishusho ya DAT1 ifite amakarika 10 no gusanganira n'imodeli ya DRD4 ifite amakarika 7. Uburyo cocaine ituma ibintu birangira (DAT blockade) buri mu buryo bumwe na cocaine, kandi bishobora kuba nk'uburyo umuntu yashakaga gukemura ikibazo cy'ADHD afite.
- Uburyo umuntu abimenya ni ko atagira ubwoba, ariko agira gahinda – nk'aho isi itari byiza cyane. → Ibi bishobora kuba igipimo kigaragaza uko umuntu yitwara (umuntu ufite genotype ya Val/Val yo mu buryo bwo gukora ibintu). Uburyo umuntu abimenya ni icyaba gikomeye, kandi bigaragaza ko umubiri urashoboye. Ibyo ntibyoroshye, kuko bifite ishingiro mu buvuzi. Ni byo byatuma umuntu agira amahirwe yo gufata ibyago neza.

Icyiciro cya 3 — Ibyiciro byo guhuza umubiri.

THE CENTURION — Igitotsi ni igishoro kigaragaza ko gufata ibyayo yatangiye.

Gukurikiraho kwa cocaine ntibitereta ibyago byo gufata urwungano nk'uko bigenda mu gukira alcohol n'amagarasi ya benzodiazepine. Ntabwo bitera ibyago ku marimbi nk'ubwonka nko kuguruka kw'umuntu ufite cocaine. Ibyo bitera ni icyindi: umutuzo mwinshi w'idopamine, mu buryo ko umwanya washarikiweho ubu uri buri uko.

Iki gitabo kivuga neza ibintu by'ibanze ku byo gutanga umwuka: umubiri urimo mu mwanya wo gukora nke. Ibyo ushaka kwigira ntibishoborwa, kandi nta cyo ushobora kugera. Inama zivugwa ku bijyanye no guhuza ibintu by'umushinga wa stimulant zigira ko umwihuzi ukwiye kuba hagati ya 60 na 80 BPM, amamagara meze neza, amasigasi yoroshye – kuko gushaka kwongera imbaraga mu mubiri utagifite ubwo bwumenge bishobora gutuma umubiri urangajwe n'ibintu bitari byiza ahubwo.

Kwivura ku cocaine si ikibazo gikomeye cyane mu by'ubuzima, ariko bishobora kuba bikwerekeye cyane umwuka. Uburyo uwo mwuka ushobora kurema bwaherera ku buryo cocaine yari ituma akamenyero kamwe mu mubiri.

Igihe cy'inyangamvuturano.

Igihe.	Ubuzima.	Ibyimenyeso.	Ntamenye ibyo ushaka gukora.
Igihe cy'akavukire (Ama saa 0-24)	Ibyo byinshi byumvwa nk'ibimenyetso by'ubuzima bwo mu mutwe. * Depremye ya dopamine, serotonine, na norepinephrine iraruye. * Receptorereri za D2 zitezuye. * Isoko ry'inyishu ririmo ibyorezo. * Aksis ya HPA irarenze imbaraga.	Uburibane bwinshi n'ubutwaye, kurara byinshi cyane, guhura n'umutima mubi no gushishikajisha, urujijo rwinshi (ndetse hari igihe usabwa ibirungo bifite isukari n'amaferefero), ubangamubiri n'ubutwaye, uburyo bwinshi bw'inyifasha.	Kuruhuka. Kuryama. Kunywa amazi. Gushyira mu bikorwa gahunda ya 01. Iyi si igihe cyo guhangana n'ibyago - ni icyegera cyo gukora ibintu bituma umubiri ushoboka. Ibyago ni ibisabisho by'ubwahe bw'umubiri ku kugira ngo abone ubuzima bwo mu mutwe yari yaraye atarabubonye mu gihe cyo gufata ibiyobyobyo. Shyiraho.
Ibitekereruzo (Umunsi wa 1-3)	Ubwumvikane bushoboka bw'ubushake bwa dopamine;	Ubwumvikane bwiyongereye nyuma y'akavuyo; imbaraga zivuyeho;	Ntugire ikibazo cyo kuvuga ko uvuze "honeymoon" nk'uko ushobora gukira. Iyi ni imyirondoro y'igihe gito,

	ubuhinduka bumwe mu vyerekaniro vya D2; akisigaye ko gukora neza kw'akibazo ca HPA; impamvu yo kuvuga ko umuntu amaze gufashwa.	umwanzuro usubira ku bumwe; ubushake bwo gukora butangira kuzamuka — iyi ntambwe ishobora kureba nk'uko "ndiye amaze guhagarika ibyaha."	si umwimerere nyabona. Ibimenyetso bizongera kuva, kandi bigomba kuba byiza cyane, mu gihe gikurikiye. Muribo, mugire muri iyi minsi mushaka kwiyubakira ibintu byatuma wihagaze neza, ugendere neza, kandi ugatoreze ahantu heza kugira ngo wigendere neza mu gihe kizaza kizasaba imbaraga nyinshi.
Inyigo Nyakenshi (Kuva Umunsi wa 3 kugeza ku Munsi wa 28)	Kurekuruzwa k'umwanya wa D2 kubera gutakaza ibintu, kandi ubu birangira ku mwanya munini mushake; ubushobozi bwo gukora dopamine buronzwe, ariko ntibwakiriye uko byari mbere yo gufata cocaine; BDNF irarangiye; umuntu aratekereza ko atazongera kugira ibyishimo.	Anhedoniya ituma umuntu atagire ibyishimiro mu bikorera byari bimubereye ubwiza; guhunga cyane biturutse ku bintu bitamuteye; indwara y'umweru; ibibazo byo gukora neza; kubura kwiruhuka; umujaganyi; kugira ubwiherero.	Iyi ni igihe cyihariye kigoye cyane mu kwisubira. Umuntu akumburana ubuzima bw'umwimerere, kandi agasanga ubuzima bwo gukomera bugoranye; icyorezo cyo kuvuga ko "gushyira umugani umwe kugirango ushimire" kikaba kigaragaza imbaraga. Kuguhindura ibintu by'umahoro (Protocol 05) ni ikintu gikomeye. Ibyakorwa byose byerekeranye no gukora neza bigomba gukurikizwa. Gukora imyitozo ngororamubiri bitangira - BDNF ni isiganwa ryo guhuza ibice by'umwani. Ubufasha bw'abandi bugombwa cyane.
Igihe cyo gufata ibyayo kuva ukwezi kwa gatatu.	Ibirungo bya D2 birazamuka, kandi bishoboka ko byazwi. BDNF irahinduka. Ubwoko bw'amashyirahamwe ya dopamine bugenda butanga umusaruro. Umushinga wa serotonin uratangaza. Ibihuri by'akanyama (HPA axis) bigenda biguma ku mwihariko.	Ubwumvikane bw'imimerere z'ubwoba bugenda butera imbere buvuye bwinshi; ibihe by'ibyishimo by'ukuri bigaruka; ubushake bwo gushobora kwitegura neza bugenda butera imbere buvuye bwinshi; hashingiwe ku kuba hari icyorezo cyo guhagarara (PAWS); uburyo bwo gusabana bugorane	Ibyiciro by'ubushake bishobora kuba mu gihe cy'imyaka (PAWS) bifata umwiharuro wa cocaine bigaragaza ibimenyetso byo gushakana butunganye kandi bigorane (kuva ku buryo bwimbitse), kandi ahandi hari ukudafashwa kwinshi kudasobanutse. Ibiranga byagutera uwo mwihariro ni ingenzi, wirondoreho neza. Uburyo bukunda bwo guhuza ibintu bituma umuntu yumva impamvu (ubwoko bw'ibimenyetso) bugenda butangwa mu buryo

		kandi bushobora kubyimburwa n'ibintu bitandukanye, aho kugira uko burangwa.	buhagaze kandi butunganye uko receptors za D2 zigira ubushake.
Guhuzanya (Kugera ku kwezi ya 12).	Kubona ubwiyongera bwinshi bw'iseberezwa ya D2; amasistemu y'adrenalini n'ama serotonin amaze kugaruka ku mwimerere. Igipimo cya BDNF kiri hejuru cyangwa gikoresheje imyemerero, kandi bifatanyije no gukora imivugo buri gihe; ubushake bw'ubwenge bwaragarutse.	Ubwumaro bwo gukunda ibintu ni buhagaze, ariko buri gihe ushobora kubona. Inyifato zo gufata ibintu bibuzwa zigaragara mu byiciro kandi zigendera ku buryo bw'ibindi bitandukanye. Uruhwiro rurashoborwa, kandi uwo mwimerere w'ubutwari uragaruka. Imihingo y'ubuzima yawe iratangirira kuvumburwa nshya.	Ibuyobozi bukomeye bw'ubuziranenge (Ingabane ya 6) bugera ku mwanya wacyo. Ubwira bwa "umugabo" - ubwo bufite ibyiciro byoroshye - buhita bubona imbaraga nyakuri yari ifite kenshi. Ibyavandimwe by'inyishu C-28: "Umukinnyi w'ibintu bidatanga" ubona umukino nyakuri.

PAWS mu guherana cocaine.

⚠ IBINTU BIHINZE BISHOBORA KUGIRA INGERO Z'URUTI RUREMERA, ZITERWA N'IBIZA BITANDUKAYE - AMAJWI, IBIMENYETSO, AHABI, ABANTU. IBIZI BYITWAHO "REAKTIYE Y'INGERO" BIKOMEZA CYANE. MUNEZE NEPROTOKOL YO GUSHOBORA KWIFATIRA UWO MUNSI MBONERA URUTI RUREMERA RUDASHYIRAHWE.

Ibyorezo by'inyuma byaherukira mu kwitaba ibiyobyobye (cocaine) bishinzwe cyane no gushaka ibiyobyobye biturutse ku bisubizo – kimwe mu byiciro bikomeye byo gutanga ibisubizo mu byifuzo by'abagorezi. Umusemburo wa dopamine wubatse kugira ngo usubire ku bisubizo bifitanye isano na cocaine no kubaho ubushobozi bwo gukora neza. Iminsi myinshi nyuma yo kwitaba, indirimbo y’umwimerere, aho abantu batuye, cyangwa urura rw'aho hari, byashobora gutera umugorezi gufata ibiyobyobye, kandi uwo mwiteguro ushobora kuba nk'uw'igihe cyo gukwirakwizwa.

Si ukugongora. Aha ni uko ubwonko buvuga (dopamine circuit) bugiye gukorera ibintu by'umwihariko kuko bwagiye bigishwa gutekereza gutyo, bidafite ishingiro mu bikoresho bifashishwa muri iyi minsi. Igihe cyo gukurikiza inshinga ni icyo gihererereye mu Cyiciro cya 5, kandi gikurikizwa buri kanya nta kugirana ibiganiro.

Icyiciro cya 4 — Gushyira Ibihanga mu buryo bushoboka.

Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin

(ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'ubushake), serotonin (ubunyamuneho n'imimerere myiza), na norepinephrine (amashyira n'ubwihangayike). Uburyo bwa cocaine bwagombaga guhindura ibintu bitatu, kandi byakozwe no gukora imirongo itatu. Iyo mikororiye y'umutuzo ni icyumba cy'imimerere y'ibintu bitatu. Gukongozwa ku mezi ya cocaine bisaba kubaka imirongo itatu mu gihe kimwe: dopamine (umwirondoro n'

4.1 — Ishami ry'Ubwiza bwo Kwiyubaka.

Gukoresha cocaine ku ngufu kurenga uko bigomba gukurikirwa n'ibintu bitatu: kwangirika bya neurotransmitters (dopamine, serotonin, na norepinephrine). Ibi bishyirwaho kandi n'intambwe z'impinduka zo mu buryo bwo gukora folate na vitamin B12, aho bipimo bigaragazwa. Niba nta folate na vitamin B12 zifite impinduka zikubiyeho, inzira z’ubugyo zishobora gukora dopamine, serotonin, na norepinephrine zigenda neza, kandi ntibishobore kugera ku bwinshi, kuko byaba bitewe n'ibyindi bituma bigera.

Supplement	Dozi.	Amatora.	Nonese.

5-MTHF (L-methylfolate)	400–1000 mcg buri munsi.	Ijoro ryiza n'ifunguro.	Kokayini itera umwijyanashi wa monoamine ukomeye, kandi ubu buryo bugomba kuba buhagaze neza kugira ngo ibindi bintu byakorewe mu mubiri bikorane neza. 5-MTHF ni intubuturo ikomeye yifashishwa mu gukora ibintu bitatu by'umwijyanashi, kandi bifatwa nk'aho ariyo ntambara yo guhindura ibintu. Abantu bafite indwara z’ibice bitandukanye byo mu mubiri (MTHFR variant carriers) bakoresha kokayini, kandi ubu buryo bwabo bwo gukoresha kokayini bugaragara ko buvuye ku bibazo by'umwijyanashi bifitemo, 5-MTHF ni umuti ushobora gufasha cyane mu gihe cy'iyongera. * Hatangirwa no kunywa 400mcg, maze hanyuma hagashyushya hashyushye.
Methylcobalamin (B12)	1000–2000mcg	Mugihe cy'igitondo, mu buryo bwo gukoresha umutwe.	Irarushaho n'umushinga wa 5-MTHF. Gukoresha cocaine no gutanga imiterere yayo (kwangwa ibiryo bitunganye, gukora inzoga kandi, kubura kwicuruza) bigabanyije B12. Ibirori bya norepinephrine byo mu cocaine bishimira cyane umwanda w'ubutekano - kugira ngo ube ufite ibibereho byiza bya B12 bifasha neza umwanda w'ubutekano n'ubuzima bw'amagufwa.
P5P (B6 ifite ubushobozi).	25–50mg	Mwaramutse.	Cofactor yifasha mu kuvanga dopamine (DOPA decarboxylase), serotonin (aromatic amino acid decarboxylase), no norepinephrine (dopamine beta-hydroxylase). Ibirungo bya cocaine bishobora kugabanya ibintu bitatu, kandi ubu buryo buhungiyeho ubushake bukomeye ku mabwiriza agereranywa na P5P. Gukoresha forme ya pyridoxal-5-phosphate gusa.
Magnesium glycinate.	400-600mg y'umwimerere.	Mugihe cy'igitondo n'amajyepfo.	Cocaine irenga imibare y'amaresiyamu - kimwe mu buryo bwa burundu binyuze mu

			mikorere ya metabolisimu, kandi ikindi binyuze mu kurura nabi no kurangira neza byaterwa na cyera cy'ubusore. Ubudare bw'amaresiyamu butuma umunani, ubwihangane, ingero z'indwara y'umutima, n'ubuzima bushoborwe - ibintu byose bifite ikigamwo mu kwirinda cocaine. Uburyo amaresiyamu adafashije atanga ku kurandura umunani ushobora kugaragara mu minsi mike.
Zinki	20–30mg buri munsi.	Ijoro ry'ibiryo.	Zinc ni ikimenyetso cyo mu marangamutima kugira ngo habashe gukorwaho dopamine, kandi n'ubushake bw'ama enzymes menshi mu nzira y'ibintu bifatwa nk'amacope (monoamine). Gukoresha cocaine no gufata ibindi bitunze byinshi bishobora gutuma zinc itagera ku gipe. Ikindi, zinc ifasha gukurikiza ubuzima bw'umubiri, kandi iki ni ikintu cy'ingenzi, cyane cyane kuko gukoresha levamisole bishobora gutuma umuntu agira ibibazo byo mu marangamutima (agranulocytosis).

4.2 — Gushyikirwa ibice bya dopamine.

I CENCHURI - Integurwa Y’Uburiri Ishaka Kugira Iyo Itanga – Gushyira Mu Karubanda Isiganwa Yatabaye Ntihagere.

Gusubiramo iby'amaraso bya dopamine ni porogaramu ikomeye y'ubuzima mu kwivura guhingwa. Ubwenge bwo mu mutwe bugaragaza imbaraga (ubwenge bw'umugabo) butangaje, kandi ubwo bwenge bwari bufite amaraso ya dopamine atanga umusaruro cyane mbere yo guhingwa. Ibi byatumye ko amaraso ya dopamine yagabanuka cyane mu gihe cy'ivura, ibi bikaba bigomba gukemura no kubyaza imbere binyuze mu gahunda ikomeye nshya.

Supplement	Idoze.	Amatora.	Nonese.
L-Tyrosine.	500–2000mg buri munsi.	Mugihe cy'igitondo, ntukoreshe ibirungo bya protini.	Umushingira w'amaraso utuma amaraso ya dopamine. Ibyiciro by’iyi gahunda yigarurira tyrosine cyane, ku bushake bwo gufasha abantu bahinduka

			(Warrior) mu kwirinda cocaine. Tangiye kuri 500mg maze ushushuye umuti ukurikije uko umuntu awuteye. Wiryemo ibyumweru 30 mbere y'igihe cy'amasaha 2 nyuma yo kurya poroteyi—uburyo bw'amino asidi bwo gutwara ibintu butuma umuti utagira ubundi igihe urimo kurya. Niba L-tyrosine itera uburyaryari (bishingiye ku bushake ariko bishoboka), shinjire NALT (N-acetyl L-tyrosine) kuko ifite ingaruka zigaragara hasi.
Mucuna pruriens (umugaburo wa L-DOPA).	100–300mg L-DOPA ekwivalent.	Mugihe cy'igitondo, ntukoreshe ibirungo bya protini.	Ibirungo bya L-DOPA bifite ubuzima: ni umu bantu umwe uhagaze hafi y'ubwonka bwa dopamine kurusha tyrosine. Iyi gahunda ivuga neza Mucuna pruriens, cyane ku rwego rwo gufasha abantu "Warriors" kugira ibyishimire. Ifite kandi ibindi bikoresho bifatwa mu nguvu (alkaloids) byashobora guteza imbere ubwiza bw'umurimo w'ubwonka buri gihe. Ntukubinyire hamwe: ntukubinyire Mucuna igihe ufite L-tyrosine, ahubwo ushyireho kimwe gusa. Ibiranga bya Mucuna biragaruka vuba kandi bigaragara cyane kurusha ibya tyrosine, kandi abantu bamwe "Warriors" bashimishwa n'ibyo.
Uridine monophosphate + DHA + CDP-Choline (Imyirondiro byo kwita ku ubwonko).	UMP 250–500mg + DHA 1g + CDP-Choline 250mg.	Mwaramutse neza.	Ivuga neza ko ivuza ubushobozi bwo gukora no kwiyongera ku ma receptors ya D1/D2, kandi ni inzira ifite ibimenyetso byinshi cyane yo gufasha aya receptors kugira uruhare rukomeye mu mubiri, kandi itanga iyi serivisi idafite ikiguzi. Ibi bishobora gufasha no gukemura ikibazo cyo gutakaza ubushobozi bw'ama receptors ya D2, ibyo ni byinshi byatangiye kuvuka kubera kunywa cocaine iminsi myinshi. "Brain Stack" ifite ingaruka zigaragara mu gihe kirengereye, mu minsi cyangwa amezi, ahubwo itanga umuti w'ibibazo bigaragara buri kanya.

NAC (N-Acetyl Cysteine)	600–1800mg buri munsi, bigabanywe mu dose z'amapfa.	Mugoroba no mu gitondo, hamwe n'ibiribushyo.	Irengera ubwiyongerero bwa glutamate mu ntundu ya nucleus accumbens - bigaragaza ibyorezo by'ubuyongerero bw'amakemika (glutamate) na dopamine bituma umuntu yumva uburyohererezi bwo gufata cocaine. Ibyaranzwe by’ibikorwa byinshi byagiye gukorerwa ku bantu bavuye mu buryohererezi bwo gufata cocaine bigaragaza ko NAC ifasha kugabanyiriza uburyohererezi. Ni kimwe muri ibyo byatumvikanye neza cyane bifasha abantu batakaje ubuzima kubera cocaine. Hatangira kureka gufata cocaine vuba.
Rhodiola rosea	300–600mg y'umwimerere.	Mwaramutse.	Kuregula dopamine na serotonin; umuti ufasha kwiyumvisha; kugabanya ububebye. Usobanutse cyane mu minsi ya 2-8, igihe ibyorezo byo kutagira icyumvi n'ibyo gutanga imbaraga biba bifite ingaruka zirenze izihoraho, ariko umuti usanzwe utabishoboye. Ibihumbi by'imyaka y'amapfa ya mbere ashobora gukemurwa no gufasha kwiyumvisha k'ibindi bituma dopamine ikora, nta ko bigira ingaruka zigaragaza.

4.3 — Gushyikirwa kwa Serotonine

IGIHUZAMWO – Uburyo Umutungo W'Ubukwezi (Cocaine) Wafataga Abantu – Twubake Buhinduka.

Mu gihe mu butumire bw'amazi (methamphetamine), gushyira serotoni kuri weho y’inyuma, mu kwivura ibiyobyobyo bya cocaine, ni icyiciro cya mbere. Ibirungo bya cocaine byatwaraga serotonin, bitanga umwete, guhumeka, no kugira ubumwe n'abandi, bityo ko iyo ntendero y’ibintu itaba igihe umuntu avura. Kwitiranya no kuba nta bumwe hagati y'umuntu n'abandi mu gihe cy'ivuka ry'amazi ya cocaine ni icyiciro cya serotoni.

Supplement	Idoze.	Amatora.	Nonese.
5-HTP	50–150mg	Mugoroba, iminota 30 mbere yo kujya	Serotonin precursor - ni umuti usanzwe ufasha mu kuvuza serotonin. Gutanga uwo muti saa

		kwiruka.	munani zo mugoroba bifasha kwiyubaka no kuruhuka. Uburyo umuntu yitwaye n'abantu bavandimwe ye, by'umwihariko guhunga ubangivu mu gushyikirana, - bishobora kubera uburyo cocaine yatumaga serotonin - bushobora kuba bwiza cyane mu minsi 2-4 nyuma yo gutanga uwo muti wa 5-HTP. Ntuzitanye n'imiti itangaza serotonin (SSRIs) utarabonye umuganga.
L-Tryptophane	500–2000mg	Mugihe cy'umugoroba, ntukoreshe ibirungo bya protini.	Ibigize bifasha cyangwa byagabanyiriza ireme ry'igitunganya serotonin (5-HTP) — bigira ingaruka zigarukwaho hashora, kandi bigatangira gukurikizwa buvuzi. Bamwe bavuga ko itryptophan n'igisenge cy'igitunganya serotonin (5-HTP) bigifasha kurusha ibindi byumvikanye. Ibyo bisanzwe biryoshya mu isafuriye y'intanga, kuko bifite icyiciro gikurikirana.
Inositol.	4-12g buri munsi (shingira ku ngufu).	Imyanya y'ibiryo.	Igiragira ubushobozi bwo guhindura ububasha bw'amashyirahamwe ya serotonine. Hari kandi ibimenyetso byerekana ko igihe gishingiye ku kwangirwa no kuri OCD (ubumenuka), bikaba byumvikwaho cyane mu gutabara kwa cocaine, ugereranyije n'ibindi bitandukanye byo gutabara. Uburyo umuntu yakwangirwa na cocaine, hamwe n'ubumenuka bwo gushaka ibintu by'ibanze, bigaragazwa neza no kugira ingaruka za serotonine zivuyemo inositol.
Omega-3 EPA y'umwiharuro.	2-4g buri munsi (EPA > DHA)	N'ibiryo, mu gitondo.	EPA, umwimera wa omega-3 ufite ubushake bungana, ni wo ufite ibimenyetso byinshi ku bintu bifatanya n'umutuzo no guhumeka - kandi ushobora kugabanyiriza uburare buvuye ku ntangazara bw'inyanga ya cocaine. DHA ifasha mu gukora neza amashyira y'amaseli, bituma ibindi bimenwa bigera

			aho byagombaga kuba. Iyo ariko EPA na DHA zikoreshwa hamwe, umubare wazo ngenderwamo ni muyifuzo: Umubare wa 2:1 cyangwa 3:1 wa EPA kuva kuri DHA ni wo mubare ushoborwa n'ibimenyetso kugira ngo hagabanyirize ibyorezo byo guhumeka.

4.4 — Ibiribazo bijyanye n’ADHD.

THE CENTURION — Umwanzuro usanzwe utemerwa, uduhungireho gukoresha ibiyobyobyo bita cocaine.

Cocaine ni umuti ushatiriza ubushoborero bwo kwishyira mu maro, kandi ufite imikundiye n'imikorere ifitanye ishusho na methylphenidate (Ritalin). Iyo itandukanyo y'uburyo cocaine igera ku buryo bw'umutungo wa dopamine (DAT) ituma abantu batagira ADHD bumva ubuzima, mu bantu bafite ADHD, ivuza ukuri umwiharuro no kwitondera. Kuva kera, cocaine yabaye inzira ikomeye y'abantu bohereza imirire yabo y'uburwayi bw'umuhari (ADHD) - kandi, buri gihe, uburwayi bwa ADHD butamenwe mu myaka myinshi yo gukoresha cocaine kuko "Nshobora kwitondera niba ngikoresheje" si icyiciro cy'ibimenyetso cyatuma umuntu ajya kwa muganga.

Variyante za DAT1 z'amajwi atanu (10-repeat) n'izina za DRD4 z'amajwi asaba (7-repeat) - zombi zivugwa ko zishobora gutuma umuntu kugira ikibazo cyo gukoresha cocaine - kandi zikaba na zo zimwe mu bimenyetso by'ubuzima bigaragaza neza uko umuntu ashobora kwangirika (ADHD). Iyo mvugo itagatifuza.

Niba wifashishaga cocaine cyane kugira ngo ushobore gushinzikiriza, kwitera imbere, no gufata neza, ahubwo utagishyiraho kugira ngo ugire ibyishimiro – kandi niba ufite ikibazo gikomeye cyo kucumbika, gushyira mu mwanya, no gukora ibikorwa byawe igihe udakoresha – hanyuma ukeneye kwivuza. Ibi bimenyesha bigomba gufata umwanzuro w'ubuvuzi kugira ngo ushobore kubona serivisi z’ubuvuzi. Hari ubundi bwifashirizwa bw'ibindi bitabaza bya ADHD (Strattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine) bishobora gufasha mu gukemura ikibazo cya ADHD bidatanga ibisubizo byo kwiyanduza. Ibiganiro n'umuganga ushinzwe kuvura abantu banduye.

4. 5 — Ubuzima Bushobohokeze— Ibihanga mu Ndiba, Umwihugu, n'Ibituma.

I CYENGERO - Umubiri Watewe Ibiranga Uko Ubwonko Bwatewe.

Ibyinza by'umusefu (abantu bakoresha cocaine mu maso): Gukoresha cocaine uko neuko mu maso bishobora gutuma umusefu ushanduka,

umutwe ukagira ibyinza, kandi mu gihe cy'akavuga kanini, n'ubusatsi bw'umunwa bushobora kubura. Ibyakorwa by’abaganga babizi neza (ENT) bifite akamaro ku bantu bakoresha cocaine uko neuko mu maso. Gusiga amazi yera mu maso buri munsi (amazi yo mu bipaturo bita "NeilMed" cyangwa "neti pot") bifasha umusefu gukira. Vitamine C na zinc zifasha ibindi bisarura bya nyama gukira. Ibyinza bikiri bike, ukoresha cocaine uko neuko mu maso ushobora kubyitwariza; ariko, niba hari ibyinza bishize (umutwe ukagira ibyinza), bashobora kwemerwa gutunganywa.

Gusobanuro ku bwonka: Uwo wese ufite amakarato y'ubuziranenge yo gukoresha cocaine akwiye guhabwa ubuvuzi bw'umutima: ECG (ishoborozo ry'amashyira) kugena ibimenyetso by'ibice bituma umutima gutwara neza cyangwa ibimenyetso by'uko umutima watakaje ubushobozi; gukurikiriza amafaranga y'amaraso; echocardiogram (ishoborozo ry'umutima) mu gihe hari ibimenyesha bisanzwe cyangwa amakarato y'ubuziranenge yo gukoresha. Umutima udasigaye (cardiomyopathy) ushobora kugaragara mu mutima, ukomera no kuba utagira ubushobozi, kandi uravurwa n'abaganga b'umutima.

Indwara ziterwa inkari: Abantu bafata kokayini mu maringo: Ibihanga byo gupima HIV, Hepatite C, na Hepatite B. Gukurikirana no kwipimisha indwara ziterwa amavumbi (infective endocarditis) iyo umuntu afise ubushyuhe, imyivumbuko y'umutwe, cyangwa ibimenyetso by’ibindi bintu bitandukanye mu mubiri. Gupima izindi ndwara zo kwicuramo (STI) iyo kokayini yatwa mu buryo bw'imibonano. (Gufata kokayini no gushyira abantu ku mwanya wo gufata ibintu by’umutuzo bihuriye cyane.)

Kugenderera ibimenyetso bya Levamisole: Gereka amagaramidi y'amaraso (CBC) igihe gitangira guhinda. Iyo hari ibimenyetso by'agranulocytosis (umuriro, imyanda mu kanwa, kugabanuka kw'ubushyuhe) - koherezwa ku muganga vuba. Gereka amagaramidi y'amaraso nyuma ya kigeragezo kimwe na kimwe cya ibyuminsi 1 na 3.

4.6 — Kubaka ibitekerezo by'umutuzo.

Kokayini na kurara bifitanye ishingiro: kokayini itera ubwiheba bwinshi mu gihe umuntu ayifite (ubushobozi bukomeye bw'norepinephrine butuma umuntu atagire uburyo bwo guhagarara) bikurikirwa no gukora ibyo kurara byinshi cyane mu gihe umuntu yirumbuka (umwihano ushoboye urashaka igihe yo kwiyubaha). Imihare myinshi ya "binge-crash" itera uburemere bw'isaha z'amasaha zo mu maro, kandi ubu buremere bushobora gutuma umuntu atagire uburyo bwo guhagarara iminsi myinshi nyuma yo gukira.

- Melatonini: 0.5–1mg, kunywa mu ruhanga, iminota 30–60 mbere y'igihe ufite icyo ushaka kugura. Ibirori by'umwimerere byahindutse buri gihe n'ibikorwa byo guhemba no gukora - melatonin, igihe ifatwa neza, ifasha kuretra ibirori by'umwimerere.

- Magnesiyumu glycinate: 400mg, gukoreshwa saa munani za mugoroba. Bifasha gufasha imikundizo no kugabanya ubangivu bwo mu myaka ya mbere yo gukurwa ku gikwangari.
- Glycine: 3–5g, iminota 30 mbere yo kujya kwiruka. Kugabanyiza ubushyuhe bw'umubiri kandi no gukora nk'agakingo cy'umutungo wa NMDA kugira ngo bifashe mu kuvuza ibitotsi by'urungano.
- 5-HTP: 50–100mg amasaha y'ijoro. Kugabanyiriza serotonin bifasha gufata icyumweru kandi kubaka ibice byo mu cyumba cy'uburiro (REM).
- Umushinga wa tart cherry: 480mg buri umugoroba. Umusanzu w'umutekano wa melatonin; ifite ubushobozi bwo kurwanya ibyorezo.
- L-Theanine: 200mg amasaha ya nimugire. Irenga ububabaro bwo mu mutwe kandi bigabanya ibimenyebwishyu by'ijoro.

Ibyiciro by'imikundihutse y'umushinga ku ngufu zo kwiruka umwanda: delta binaural beats (0.5–4 Hz) kugira ngo usinzire; ibara birenze 60-70 BPM; imiziki itangaje, imiziki y'inyamaswa, amajwi y'ibindi bisanzwe. Ntihagombeyo guhinduka kwinshi, ntihagombeyo guhinduka zikongoka. Ibyuma birenze uko. Umwanya w'umuntu ushobora kwihangayika nyuma yo gukoresha cocaine uhinduka n'imiyaga itanga amajwi.

4.7 — Ibuye bushoboroza.

Peptide.	Uburyo bwo gufasha umuntu gukira ubujiji bwa cocaine.	Amatora.	Notes
BPC-157	Gukora ibikorwa ku buryo bwo guhindura imyitwarire ya dopaminin na serotonini; guhagarika byimbitse umusaruro w'ubushake wa dopaminin ushobora guterwaga no kunywa cocaine mu bushakashatsi; gukwirikana akanyuze ku buryo buhuriyeho hagati y'umutwe n'ibindi bice bya nyama; kwirinda ibiza bifatanya n'ubwonkawu; gufasha ubwiyanduye (BDNF) kugira ngo bugire imbaraga.	Umunsi wa mbere nyuma yo guhagarika - buri munsi.	BPC-157 ni peptide ifite umwiharuro ukomeye mu gufasha abantu kwirinda ivyozi, kuko irebura neza ubushobozi bwa dopamine. Ibyamamare by'inyamaswa biragaragaza ko BPC-157 ituma ibintu bikemuka ku bushobozi bwa dopamine biturutse ku vyinamarayika, harimo cocaine. Yifashishwa mu buryo bw'umunwa cyangwa ukugaburira mu maringo. Kugorora imyanya y'indimi ni ikintu gikenewe kuko ivyozi ry'amaraso ritera ibibazo ku myanya y'indimi, ndetse n'ubushobozi bwo kwifashisha serotonin itangwa n'imyanya y'indimi.

Ntabwo ndumva.	Uruhare rwa BDNF na NGF; ubwiyongera bw'ubushake; irebuka ry'umushinga; gukora ibintu by'amaraso ya dopamine n'amahera ya serotonin; gufasha umwinini w'ubwonko. - Cocaine yigarurira burundu BDNF mu winini w'ubwonko.	Icyumweru rya mbere na nyuma yacyo.	Ubwoko bwa cocaine butuma ko igice cyitwaga "prefrontal" gitanga ubwonotewe (BDNF) bikaba bigabanuka, kandi uwo mubwirwaruko ni umwe mu byo bitera ibibazo ku nshuti z'ubuhare. Semax ifite ingaruka zo gufasha kugira ngo igice cyo "prefrontal" gishobore gutanga ubwonotewe (BDNF), kandi iyo ngaruka zigaragaza ko zifitiye icyo zakora kuri uwo mubwirwaruko. Ibihinduka by'ubuhare, nabi yo mu myanzuro, no kwihangayikirwa bituruka ku cocaine, bishoborwa na Semax kuko ifasha igice cyo "prefrontal". Kuganirizwa mu maso.
Selank	Imodoka ituma umuntu agumye, ikoresha ubushobozi bwa GABA na serotonin; irengera ku marembo atagira ingaruka; ifasha mu kuvura ibyorezo kuko ifite uburyo bwo gukora neza nk'uburyo cocaine ifatanya n'ibindi.	Ibwihe 1-8 - uko bikwiriye, mu gihe ufite ubangivu.	Uburyo Selank igira ku serotonegire bityishyuyeho kugira ngo ifashe mu kuvura ubuzima bw'abantu bagize uburumbuzi bwa cocaine, bitandukanye n'ibindi byangiza umwani — kuko ivuguta ibyiciro bya serotonegire byo muri cocaine ndetse inarushaho kurwanya ubwoba bwinshi. Itanga umusaruro kandi ntikongere uburumbuzi. Ivangwa mu maso.
Epitalon	Ibuyike bwa cyoneza; gukurwaho ibice by'umubiri (telomeres); inzira y'akare kamanini; guhuza umwimerere w'amasaha.	Ibwihebe 1-4.	Ibyo guhagarara kwinshi by'ibiyobyobyo, bigatwara umwanya munini, bishobora gutuma umuntu atagira ubuzima bwimbitse mu gihe kingana cy'imyaka. Epitalon ifasha neza umushinga w'umwijima no gufasha kugira ubuzima bwimbitse.
Dihexa	Synaptogenesis; Umuzunguko wa HGF/c-Met; ufasha kwubaka ibindi binyajwi (sinapses) bitangwa mu buriri bw'imburiro (prefrontal cortex) n'umwinogoro (hippocampus) byatezwa	Kwinshi cya mbere kugeza icumi.	Gukoresha Dihexa ku rwego rwo gushinga amasambu (synaptogenesis), bishobora gufasha kugabanya ingaruka za cocaine ku ishusho ya BDNF n'ibindi byo mu masambu y'ubwonko. Iyi mvanga ifite

	umuhingo wa cocaine, ugerageza gukurura BDNF.		imbaraga nyinshi - hatangirwa no gukoresha umwanda muke. Hari amakuru make ku bantu, ariko hari impamvu zikomeye zivuga ko cocaine ishobora guhungabanya ubwonko bwo mu ishusho ya frontal.

Icyiciro cya 5 — Ukubona Neza no Gukurira Ibihe by'Uruhumye ku Kaka.

THE CENTURION — Ibirori byihuse kandi bifite ireme riranga ibicurane mu cyiciro cy'imiti itera ububabare.

Ibimenyetso by'uko umuntu ashaka cocaine ni bimwe mu bimenyetso bikomeye kandi bigaragara cyane mu bijyanye no kuvura uburaya. Ibyo bimenyetso, birimo ibimenyesha kuva mu mutwe (dopamine) bituma ubwonko butangira gukora neza igihe umuntu yiteguraga gufata cocaine, ni byo bihagaragara cyane kandi bigenda hashingi - mu gihe gito cyane (inyundo micye), ubwonko bugera ku mwanya w'amabere bitewe n'ibimenyetso bifatanyije na cocaine (umuriro, gusanga ibirungo biva muri cocaine, aho umuntu yifashishaga cocaine, icyifu.

Iyi ntibiba umwanzuro ushobora kwigwa. Ni ibikorwa bifite ishingiro mu myemerere y’ubwonko, kandi bitangira mbere y'igihe cyo gutanga amabwiriza. Ubwonko bwagize imyizerane y'udopamine mbere yuko ikibazo kigaragazwa ku buryo buhagazeho n'umutwe ushobora kwemeza. Iyo ni impamvu icyo gitekerezo cyo "kwirinda kugira ibitekerezo" kitakunda mu byaha bya cocaine: ubushake si icyatangiye umuntu akabitekereza. Ibitekerezo biba nyuma y'ubushake.

Ibyiciro byo gukemura ibibazo bisaba kwitondera kandi kugira ubumenyi, ariko bigomba kugaragazwa mbere y'uko umuntu abitekereza: igikorwa kikaza mbere y'ubumenyi.

Ikarita y'ibintu byatuma umuntu agira ubushake bwo gufata cocaine.

Iyo umushinga utangira, ushobora guhagarika ibikorwa byo gushaka inkuru.	Ibihubutsa by'ubwonotsi.	Ibijyanye no gutuma ibintu kwira.
Iburimbu bwa nyabubasha.	Aho ibintu byumvikana cyane, abantu, ibikoresho, amara, imirimo, muzika, n'ibindi byose bigereranywa na cocaine, bitera umuntu guhamagira dopamine mbere yuko umuntu yumva ko afite ubushake.	SIHINDE KWICIRA AHABAMO IBINTU BYAGUTERA UMPANGA. Ntihagire amakuru. Ntabwo ushobora "gushimira." Kwicara mu cyumba cyo gukoresha ibintu byatuma wumva umujinya ni igikorwa cya mbere, ntikibyohererezwa. I buri gihe, kwicara mu cyumba cyo gukoresha ibintu byatuma wumva umujinya bitera akamaro. Siba muri ruri icyumba mbere yo gukora

		ikindi.
Umushinga wo gufasha abantu kwirinda no kuvura uvyoroheje.	Ibi bikorera mu birori by'akazi, ibirori, n'izindi gahunda z'umuryango aho cocaine yari yarajyaga gukoreshwa – ubwonko butangira gutanga dopamine (umutungo) kuko bwize ko cocaine iturutse muri izi bihe.	Rurura ibigo by'iterambere bifite ingaruka zirenze izera: hagira igihe ukomeza kugera, kandi ugasohoka vuba; fasha umuntu utazarya cyangwa utabuzwa imiryango; mufite icyumvikano gikoreshwa mu gihe usohoka; gukora ibintu by'ubusugire mbere y'igihe. Uburyo cocaine itanga bwo kugira ubwoba bwihariye bukenewe kurebuka mu buryo butandukanye (Ingabane ya 6) mbere yo kuba wumva umutekano mu birori by'iterambere bifite ingaruka zirenze izera.
Kuruka kwinshi biturukira mu bukane bwa dopamine (ubujinya).	Ubwumaro bwo kutagira ibyishimiro n'ubusumbuzo bwo guhagarara mu gihe cyo gukomera buriweho ubushake buhamye: "Nshaka kumenya uko ruzima rwaba." Integuro si cocaine yihariye, ahubwo ni ukugabana na ubu busumbuza. Ibyishimiro byose bishoboka bifasha. Cocaine yari umuti ushoboraga kugera ku byohererezo vuba cyane.	Ibi bimenyujije bisaba ingero z'uburyo bwihariye bw'inyarugwike, bifite ubushobozi bwo gufasha umuntu: gukora imivugo yoroshye (icyitwaye cyane mu kugera ku myirondoro ya dopamine), kwihanagizwa n'umwuka ugeze, gutanga ibikombe, no guhanahana. Ibi bisanzwe bishobora kurenga icyerekezo cyo gukorera neza, bigezeho umuntu. Inyandiko y'ubuzima bw'umugabo (Warrior constitution) itangaza ko uburyo bwihariye buhagaragazwa—ntibishoboka kubwihindura.
Kwifuza kwiyumvisha no gukunda abandi.	Gushinzwe kwegera abantu mu rwego ruhangayitse, ukumva ko udatanga icyizere utagize iyo burayi — ubwiza, umwiganzuriro, n'ubumenyi byari biragaragara igihe uri ku cocaine, ariko ubu ntaho bihuriye n'ibyo ushoboye.	5-HTP n'imikorere y'ubuhanga mu cyaro. Ubwubahane mu cyaro bwari buvuye ku mpamvu z'ibintu bitandukanye (kwangizwa kw'umwirondoro SERT) ndetse no ku bikorwa (abantu bakoresha cocaine bagenda bahoza imbaraga mu by’ubuhanga bw’imishyikirano). Iyo ngingo y'ibikorwa ishobora kubongerwaho no gukorerwa ibikorwa bigamije kugera ku mwiharuro, kandi mu bipimo bicye. Uwo murongo w'umutungo wa serotonin urashyigirwa na 5-HTP n'ibindi bikorwa by'ubuzima bituma

		umutungo wa serotonin wongera.
Ibyanga by'umwuka (bivuzwa mu gitabo cy'ubumenyi).	Ibyivugo byumvikanye, birimo "uburyo bw'ibimenyiste bwo gukoresha ketamine" kandi, mu buryo butandukayo, urungo rw'amazi rwa cocaine, byavuzwe ko ari ibintu bitagira ubushake umuntu abona mu gihe cy'iyongera. Ibinshi by'ibyo byivugo byakozwe n'ubwonko bugiye gukora icyo kintu, kandi butangiza ibisigazwa by'amabere.	Ibyiciro bibiri byumvikwa: iby'imibereho (bihinduka bitewe n'intambwe, bigira iminota micukitse, kandi bigaragaramo ubushake) na byo mu marozi (mu gihe cy'imyitozo, bivuyemo amaraso y'amafati aguruka ku mafirimu, bigaragaramo ubururu aho kuba ubushake, bigira igihe kirekire). Zombi zivura n'igihe kandi zigaragaza ko gukira bishoboka, bidatanga ikibazo.

IMINOTA 5 YO GUHAGARIKA UBUSHAKE BWO GUKORESHA COCAINE.

1. Ntabwo ndashobora gukorera ibyo ushaka.
2. IMPUHWE YITUMA URAHA CYANE. Ibyiciro cumi cyenda byo gutamara, kugendera hashingi hagati y'ibyaro, kunywa amazi arushye ku ruhago, cyangwa ibindi bintu bituma umubiri uruhira vuba. Umuntu ufite ubwoba bukabije (The Warrior constitution) usabwa impuhwe zikomeye, ntizibagirane. Ibi si icyo gukora uko ushatse. Ni ukugemura uburyo bwo gukora ibintu mu buryo butunganye mu mubiri.
3. AMARA IBIMUHANZE BIBA BYE 4-7-8 — IMYITWARI MINE. Nyuma y'umwanzuro ukomeye, umubiri usaba ko ubwonka bw'ibice by’imikoresherezo bugereraho. Ubwonka bwa "intambara" ugiye gukora ibintu byinshi kandi ufite ishyari nyinshi cyane, rugomba kugira icyihutisha. Itwara imyitwaro itanu, ntihagire ine.
4. Twara NAC n'amazi ya tyrosine. NAC ifasha mu kugemura glutamate, kandi tyrosine ni umufunguzo wa dopamine. Ibi bitumvikana ko ari ibintu bidatanga icyo cyangwa byatanga ingaruka z'igihe gito; ahubwo, bifite uruhare ku myemerere y'ibindi bimenywe mu mubiri, bigateza ubushake. Bifasha mu kuvumbura ibyo umubiri ushaka, bidafungurwa n'inzira z'inyuma, ahubwo bitanga ibintu byakozwe neza.
5. AMAZINA. Wakira umuti mu butumwa cyangwa ku telefone, hanyuma ufatanye n'abagufasha. Umwihano w'udopamine ushobora kugaragara mu buryo bwo gukorana n'abandi - cocaine yari umuti wifashishwaga mu byiciro by'imishyikirizo. Gusobanuka no kwiyumvisha bituma ubona ibimenyetso by'udopamine, kandi byatanga inkunga ku mwihano wawo. Tanga izina kuri iyo mvura. Ntawe usabwa kugufasha. Ukeneye gukomera.
6. Gukoresha ibintu byatanga umusaruro ukomeye kandi usobanutse. Muri buri gihe, gushaka ibintu byoroshye cyangwa bidatanga imbaraga ntibishobore guhuza n'ibyifuzo by'umuntu ufite ubwoba. Ibi bintu bisabwa kugira umusaruro ukomeye.
7. Ibyari byateye inkeke, urugero rw'ibintu byatumye ukora ibyo, igihe cyo gutanga umwanzuro (kuva ku 0 kugeza ku 10), uko wagiye gukorera, no

kumvikana. Iminsi itatu y’iyi data yerekana uburyo buhuriweho n'ibintu byakwerekeje, kandi iyi nyamakuru iguhindura ukuntu ushobora kugira ibyo ukeneye.

Ingingo ya 6 — Gukemura Ibihumbu: Kugira Umuhungireho Ubuzima Bushoborwe n’Ubwiza.

IGIHUGU - Inyandiko ya Centurian C-28 yishyirwa mu Itangazamakuru ku Iterambere Nyuma yo Gukoresha Amakondera - Ubuzima Butunganye Umutwe w'Umugaba Ukeneye.

Ibyivugo byumvikanye neza ku byo umuntu ukeneye kugira ngo abe umugabo nyakuri, kandi ibyo cocaine yatumaga: ubuzima bw'umunsi. Si amahoro. Si umusaruro. Si kwisubira inyuma. Ahubwo ni ubuzima.

Umuntu wari umukinnyi myumvire y'ibintu byinshi, ushatse gufata ubu buzima binyuze mu gukwirakwizwa kw'amashyiko ya dopamine, afite imbaraga zikwiriye kugera ku cyo cyiza. Imbaraga zakoreshejwe mu kurya cocaine n'ubushake bukomeye ni izo nyine zishobora gufatirwa ibindi bikorwa nk'uguhanga, kwihangira, gukorerana urukundo, no kugera ku byizere. Ibi bishoboka hanyuma hashyirwaho inzira yo kubikoresha.

Ibuvugizi ku buhorozi bw'umwana, ntibishobora kugira icyo bitanga. Ibyo bintu byose birimo ibiyindi bisanzwe.

Ibuyobozi bw'umuntu butuma umubiri gutanga dopamine.

Source	Ubukane bwa dopamine.	Bimenyebweho gute?	Ntabwo ndabizi.
Gukora imyitozo y'ubuzima ikoresha imbaraga zirengeje.	Ego si ntambara y'amashyira hamwe – dopamine, norepinephrine, endorphine, BDNF bigatangira kwiyongera.	Gukora imyitozo y'ubuzima, nk'ukoza, CrossFit, intambwe z'intwaro, cyangwa imikino y'amahirwe—burya, amasaha arenga ibyumweru 45. Uburyo bwo gukora iyi myitozo buratangaje, bidatanga amahirwe.	Mu byerekeye umuvandimana, ukubura kw'imyitozi ni cyiza kuruta igihe. Umwanzuro w'iminota 20 wo gukora imyitozo y'igice gikuru ushobora guhuza ibimenyetso byinshi bya dopamine n’igihe umuntu akoresha amasaha atanu yo gutambuka. Uburyo bw'ubwonotewe bw'umwani w'imyororoka butera ugereranije n'imyitozo y'igice gikuru, kandi bugenera ibimenyetso by'ubwonotewe bingana. Iyi ni ingingo itagomba guhinduka. Yubake iyi mbere ya zindi.
Ubukomporo burangwa.	Kurema ibikorwa by'ubumwe - imibereho	Imikino y'imitegurire, imyitozo ya ngorere, imikino yo guhoza,	Ubwumaro bwo guhagararara - uwo ushobora kubona ubwo umukinnyi yatsinze, cyangwa umuntu wigaragambije neza mu

	y'impuzamir yango irenga inshuro 3-5 ubushobozi bwo gukora ibintu, kuko umuntu afata ibyiza byinshi.	imikino y'amashusho, cata, ibikorwa byo kwegura, debat.	gihe gihuye n'undi – ni bumwe mubyemerera by'ubwumaro bw'adrenalini. Umuhozi wifashishaga cocaine kugira ngo abeho neza mu buzima busanzwe no mu mirimo ye, yabonye uwo mwumaro ubwo yagaragazaga ko ari impuzamushinga. Shaka umukino cyangwa gahunda yo guhatanirwa. Girizemo. Kugura icyo wifuza ni byo byatumye cocaine itanga ibyiyumvo by'ubwumaro.
Ibyizere byo gukora neza mu kazi cyangwa serivisi z'ubwiza.	Dopamine y'imikundiye myiza, ifatwa no kwemeza.	Ivyo bitumvikana.	Uburume bw'ubwonotewe bugera ku bwinshi mu gihe cy'inzitwazo - uburyo bwo gukora bwa Val/Val COMT butanga umusaruro uhumye kandi butuma ubwonotewe buhinduka ubushake, ni ubwonotewe bwihangayikiriza kandi bugera ku bwinshi. Ibyo cocaine yifashishagamo mu by'akazi, uburume bw'ubwonotewe bushoboye bushyobora kubigeraho binyuze mu gahunda nyayo n'imikoresho ituma umuntu atanga ibintu byiza kandi akorera neza, aho cocaine yangeraga. Iyo ngeso yatumaga umuntu adafite icyo ashingikirwaho. Kugira ubushake nyabona bwihangayikiriza bitanga ishema ritazayitse.
Ubwiza bw'ubugingo n'imikundihuzo.	Yinini, cyane mu byo kugira urwibutso no mu ngingo z'ingenzi.	Ibyamamare byimikino, umuziki, iby'umwimerere, ubuhanga bwa firima n'ibindi bifatwa nk'ubugingo.	Iyo gahunda y'ubugingo yatumaga umuntu agira ubwenge, kugira ibitekerezo by'impano, no gukora neza - kandi yayoborwaga n'ikoreshe ry'amagiye ya cocaine - ishoboka kandi mu buryo bw'umunsi ku munsi binyuze mu kwigira ukuntu ushobora gukora neza kandi ugashyikirwa mu itangazamakuru. Uruhande rw'ibindi: iyo gahunda y'ubugingo yatumwaga n'amagiye ya cocaine yari impano itagombaga kuba; ubumenyi bw'impano buhoraho butuma umuntu agirimbuka

			kandi wigukira.
Gukoresha umubiri mu mazi icyuma cyangwa ahantu hegitse, ndetse no gukora imyitozo.	Umunsi w'umweru - guhinda norepinephrine, BDNF na endorphine; ubu buryo bushobora gutuma umwanzuro usubira mu gihe cy'amasaha 2-3.	Kugira umwihano mu mazi buri munsi, ukurikije uko ushaka: * Gukora imyitozo, hanyuma ukomeze ukagira umwihano. * Gukora imyitozo, hanyuma ukomeze ukazana amazi agiye ku mubiri (cold shower). Bikorwe buri munsi, uko byenda.	Ubwunganira bwa guhagarara mu buryoko kandi gukora imyito mikire bwongera cyane norepinephrine, ibintu bifitanye ishusho n'uburyo cocaine itangiza kuri NET, bituma umuntu agira ubwenge, ingufu, no kuba afite ubuzima - binyuze muri norepinephrine. Ibi ntibitereta imbihure, kandi bidatanga ibyorezo. Kubantu bagaragaza ko cocaine yatumaga bumva neza kubera norepinephrine, ubu buryo ni umushinga mwiza cyane wo gufasha.
Ubukunduzi bw'imibonano n'ubwegamuntu.	Moderate-High — oksitokini + endorfini + serotonini	Ubukambano bumwe cyangwa ibiri by'ubuzima bw'imishyengero; umuryango w'abari mu mwuka wo guhinduka; gukora imyitozo ngororamana n'abandi; serivisi mu bikorwa bisaba kwemera.	Ingaruka z'ubuzima bw'umuntu za cocaine, ku buryo bwo gushyira hamwe n'abandi, - icyumvi cy'ubucuti nyakenshi, ubwenge mu kuvuga, guhamya ko umuntu afatwa neza kandi akamenesha abandi - zatumye hari imibereho y'ibyiyongera (pharmacological) ariko nanone na permisiyo cocaine yateguraga umuntu yo kuba yigaragaza neza kandi agirane. Iyo umuntu avuka muri iyi ntambwe, arekurwa kugira ubushobozi bwo gushinga ubuvuguzi bw'ubuzima bw'umuntu butaragombwa, nta ko afite iyo permisiyo. Ibi bisaba igihe kinini kuruta irembo ry'amashyiko (dopamine), ariko bigira ingaruka zirenzeho.
Serivisi ku bwinshi — kugira urwo umuntu yagira mu kuvuka.	Igiyehe - ryorera; umushinga ushobora gukoreshwa mu gihe kirekire kandi ukomeye kugira ngo wigabize dopamine.	Ubufasha bw'abantu bagenzi, uburyo bwo guhuza abantu, ubushobozi bwo kwigisha no gukura umuntu, ukwitanga, byose bigamije kugira ngo imbaraga zawe zongere ibyiza mu buzima bw'undi muntu.	Uburerezi bwa "Warrior" mu kwizihira ku byakozwe n'ibiyobyobye, ufite ubwenge buhagaze, ukunda gukora akazi kiganje kandi ufatanya neza, ni umwe mu bakozi beza cyane bo guhuza abantu bafite imiterere nk'iyo. Umuntu wari muri iyo ntambara kandi yashinze ubuzima bwiza nyuma ya byo, afite ibintu bitarenze kugurwa cyangwa gushyirwaho igikoresho. Abatari bake bazamuka mu kwizihira ku byakozwe n'ibiyobyobye bakunda guhuza abantu bafite

			imiterere nk'iya bo, kuko babona ko ari wo mwanya uhagije kandi ukwiye.

Ibuvugizi bw'umwuka no gukura - Kubaka ukundi, nta ngingo y'imiti.

I CENTURION – Uburibuko bwo mu buryo bw'umutungo butuma cocaine itanga.

Ubwumaro bw'ubwiyumburushoboye, kwihangana, n'ubugenzuzi bwinshi byatanzwe no gutuma ibyohera SERT bitewe na cocaine ni kimwe mu byiciye abantu inyota cyane kandi kigatangwa gato. Uburyo umuntu yumva yitondeye ubwo nta cocaine ashize - ku bantu benshi bifite ikibazo cy'ubutaye cocaine - si ibyo gusa, ahubwo biba nk'aho bitagira icyo bihuriye n'ibyaba byiza. Ibyumvugo bigera mu ngingo y'akazi. Ubugenzuzi bw'ubwawe n'uburyo umuntu yumva ko yahagaranye ubwo cocaine itariho ntibigaragara.

Iyi ni ukuri, kandi ikoranye cyane n'iserebrine. Umusaruro w'iserebrine usubira uko bitewe no kwirinda ibiyobyobye ndetse n'amabwiriza yagenewe. Ariko, umuhingo wo gukora neza mu by’imibonano n’abandi niwo na we ukomeye: Umuntu wari ufite ubushobozi bwinshi mu kwigana abantu n’ubwo yari afite cocaine, yaragiye akoresha uwo bushobozi. Uwo umuhigo ni we, kandi ugomba gukorerwa nta ngingo z'ibiyobyobyo.

Ibuyuki:

- Bw’umunsi, hanyuma ushaka kwigira uburyo bwo guhuza abantu, umenye ko bitanga amahirwe yo gukora ibikorwa by'ubuhanga mu buryo buhoraho kandi butari bigoye (mu itsinda nini, mu bantu ufite ishema, ahantu usanzuye). Ibi birushaho kuba byiza kurusha kugira ngo ujye muri gahunda z’ibikorwa by’umwihariko cyangwa ibirori by’abantu benshi aho cocaine yajyaga gukoreshwa.
- Igitumvikirizo aho hari ibimenyinya: Ubwiryane ko cocaine itanga binyuze mu kugaburuka serotonin byashoborwa no gukora neza imitegoro - kumenya ibisobanuro, kwiyumvisha ibiganiro, no gukora imivugo y'umubiri ikoresha umubiri kugira ngo abashe. Umuntu uyiteguranye ntakunda umuntu ufite ibimenyinya.
- Ibyakoreshwa bishobora gufasha mu kwiyubaha: 5-HTP (50–100mg umugoroba), inositol, n'ibirungo byinshi bya protide — ibyo ni imiruno itanga ubushake bw'ibimenyistezo kugira ngo ushobore kumenya neza uko ukora mu buzima busanzwe.
- Umuryango w'abarekurira ibiyobyobye nk'aho bigiye kwigira: Ibiganiro bisanzwe (twelve-step), SMART Recovery, cyangwa umuryango mwinshi w'abarekurira ibiyobyobye, ni ahantu heza cyane hamwe n'abagabo babizi aho ushobora kugaragara uko uri kose kandi aho ufungurwa. Ni umuryango uhumeka serotonin, uwari mu byiciro by'ibiyobyobye bya cocaine.

Icyiciro cya 7 — Kugira Umenye Neza Ibihuriweho mu Iterambere: Itorero ry'Ingamba zawe.

Igihe.	Protocole.	Umwizirikaguro.	Nonese.
Gusuzuma bwa muganga (ku munsi wa 0-7).	Umuganga, umwuga w'umutwe n'umubiri (kardioloji) igihe bisaba, umuganga w'indimi n'amatwi (ENT) igihe hari ibibazo ku maro.	Ebyiciro byo gukurikiriza ubuzima bwa umurongo w'amara; ibizamini bya CBC (Complete Blood Count) kugira ngo bigenewe ivuriro rya levamisole; ubuvuzi bw'umusebe; ibizamini byo kwipimisha indwara ziterwa n'ubushake (STI), HIV, na HCV; gukurikiriza ADHD [Attention-Deficit/Hyperactivity Disorder] igihe bibaye ngombwa.	Ibi bishoborwa byo kwivuza bisabwa ko bikorerwa mu cyumweru cya mbere nyuma yo gukira, bidatanga amezi. Ukwanga amaguru n'amaraso biturutse ku ntibazo ya Levamisole kandi bushobora kuba ibyoreye ubuzima. Ibihuza by’umutwe bishobora kugera ku bipimo bibi kubera gukoresha cocaine, kandi iki gikomere kigenda bigana. Gusuzuma umwuka wa muganga si icyo ushobora kwifashisha ukwishakira – ni ubuvuguzi.
Isoko y'ubuzima (umunsi wa 1-14).	Protocolo ya 07, Protocolo ya 09, Protocolo ya 17, Protocolo ya 18.	NAC, tyrosine, 5-MTHF, magnesium, 5-HTP, imyitozo yo gutangira, ibintu byatuma urushaho kwiruhuka.	NAC ku munsi wa mbere. Tyrosine ku munsi wa mbere. Magnesium ku munsi wa mbere. Gutanga ibintu bitatu byatuma amaraso atazana bihinduka bisaba gushyiraho ingabire itatu mu kanya. Ibyiciro by'umushinga (Blueprint) zivuga uko ukwiye gukora, kandi zishobora gufasha. Mu cyumweru cya mbere, yubake urugero rwo kwihanganira ibintu bituma umuntu agira ubwoba (stimulant crash sonic protocol) ku irebura ry'ibitari 60-80 BPM, n'imiyoboro itanga ubushyuhe. Ibyiciro bya 07 (nutrition) bisobanura ko ukwiye kurya ibirungo byinshi bijyanye no kwita ku mubiri — gukora dopamine na serotonin bisaba amaraso y'amino acid.
Ibigize ibimenyiste by'ubuzima (ibyumvikan wa kuva ku	Icyiciro cya 15 (Compendium), gukurikirana	COMT, ubushakashatsi ku myemerere; ibisigazwa byo gukurikiriza	COMT Val/Val ni umwimerere w'umubiri (genomic finding) ufite agaciro cyane - ushyika ibintu byose ku buryo bushya bwo gukira. DRD2 A1 allele yerekana umuntu

cyumweru cya 1 kugera ku cyumweru cya 4).	ibimenyetso bya COMT, DRD2, DAT1, SLC6A4, MTHFR.	syndrome ya "Reward Deficiency"; uko umwimerere wa methyl ukora; ibimenyetso z'induru zo mu ndimi zivuga kuri ADHD.	ukeneye ubushake bucirirtse bw'ibisubizo, kandi akenera ingero z’ubuzima zikomeye. Ibyiciro (markers) by'ADHD (DAT1, DRD4) bishobora kugaragaza ibindi bibazo byakomera bigomba guhagarurwa no kubungabunga.
Intensity Architecture (Ibwihe 2-12)	Protocolo ya 03 (imyitozo), Protocolo ya 04 (umuryango) , Icyiciro cya 6 cy'iyi gahanda.	Gukora imyitozo ngororamana y'imbaraga buri munsi; kwirinda ibikorwa bya ruhago; gushakira uburyo bwo guhindura ibintu; kwinjiza umuntu mu bwumwe.	Igiturashobora guhinduka, ntikigomba gutumizwa kugira ngo ubuzima bushobore kugaruka. Icyo giturashobora gukorwaho igikorwa cy'ubushake n'imbaraga zirengeyeho. Hamwe na hamwe, hanyuma harebwe ibintu by’ingenzi: * Ibyiciro by'umuntu uwo ari we mu buryo bwo kwiyumburira – ni iki cyaba icyifuzo cye gikomeye? * Ni iki kizabera umukino we? * Ni iki kizabera ubuhanga bwe? * Ni iki kizatumiza ubuzima bwe? Ibi biwuzwa bigomba gutoranywa mu minsi 2-4, kuko bifatanya mu kugira ngo ubuzima bushobore kugaruka.
Ubunganizi bw'Ibikorwa by'Ubwiza bwa Muri Ahantu (Iminsi ya 2-12).	Protocol 02, Protocol 05, Protocol 08, Protocol 13	Guhindura uko umuntu yitwara, gukuraho ibintu bifatanyije n'ubuzima bwo mu maro, guhinduza uburyo bw'imibano, kureba neza ibintu byagera ku muntu.	Reaksiyo y'umwani ku bintu byerekeye cocaine ni imwe mu zikomeye cyane mu byiciro byo guhuza umuntu n'ubuvuzi. Ibyiciro 05 (gusimbura ibikorwa) bisaba kwirinda no gushyira akamenyero ku bihuriye n'ibigo, abantu, n'imimerere y'ahantu umuntu yakoreshaga cocaine. Ihuriro ry'abantu bakoresha cocaine rishobora guhindurwa—ntihagire ibindi bintu byakozwe, ahubwo hagombayemo ibindi.
Gukwirakiza ibibazo by'umutekano (amatariki 2 n'inyuma, uko bikwiriye).	Umuganga w'ubuzima ushinzwe gukwirakwiza no guhuza abantu.	Gukwirakiza ibimenyetso ku butuburi bwa ADHD bidatanga imbaraga; gushyira mu rwego ubwenge; gufasha kubona byinshi.	Niba umuvurijwi usanga hari ADHD, hagombwa gutangira ikiraro cyo guhuza imiryango (recovery framework) ndetse no gukoresha imiti itazwiho stimulant (atomoxetine, bupropion, guanfacine, viloxazine). Gukurikiza iyi mirongo y'ubuvuzi bifasha kugabanyiriza ingaruka z'ivyo cocaine ifite ku bwonko, kandi bitanga ubushake bw'imikorere y'ubwonko (executive function) uwo

			ubwonko bwari bukeneye kugira.
Ubwumvikanyeho (Kugira ibyumvikanaga) (Iminsi 2-12).	Protocolo ya 20, Protocolo ya 21, C-28.	Ibyiciro by'ubuzima bw'umuntu uturutse ku ntendero y'ibiyobyobyo, hanyuma ukagira imirimo n'imihigo: * Gusobanura uburyo umuntu ashobora guhinduka. * Kugira urwibutso rwiza mu buzima bwa buri munsi. * Kwitegura ibihe by'inzorera.	Kwivanga mu ntambara cyangwa mu buzima busanzwe bifatanyije n'ubujyankere bwa cocaine bushobora gushingikiraho umwihariko cyangwa urwego umuntu yubatse, kandi uwo mwihariko ushobora kuba waratewe no guhanga imbaraga. "Ntabwo nashobora gukora akazi kange nta cocaine" ni ikibazo gikomeye na nyakuri. Iyo myidata y'umwihariko ireba iri kibazo cyangwa ikimenyetso: uburyo bw'ubumenyi buhagije mu bya buri ki, bwashinzwe ubushobozi nyabona, aho kuba gufashwa n'imiti.
Imikino ndende (amezi 6 n'ahagere).	Protocolo ya 24, Protocolo ya 25, C-28, C-31.	Ibuye byo gushyira mu bikorwa; guhatanirwa no kwigarurira ubwenge, bimeze neza; Umugabo ufite imbaraga nyakajijwe, nta ma kemika.	Iburorari y'ubuzima mu kwirinda cocaine, aho umuntu akora imyitozo ngororamana buri gihe, afite icyifuzo cyo guhatanira ibikombe, akoresha ubwenge n'ubugingo, agirana ubufanzi nyayo n'abandi, kandi akora umurimo ufite ishingiro – ni bumwe mu buryo bwiza bwo kwirinda cocaine. Imbaraga umuntu yifujije yo gukoresha cocaine zikozweho icyabahesha. Iyi gahunda yanditsweho byinshi yari ifite uwo muntu muri iki gihe.

Icyiciro cya 8 - Umusaruro wa Medisini.

Kutandabirwa, mu gihe hari imiti itangwa n'ibigo by'ubuzima (FDA) yifashishwa mu kuvura abantu bafite ikibazo cyo gufata ibiyobyobyo nk'amaziya (opioids), benzodiazepines, na ntibati, nta mdiho ifatwa na FDA itangwa ku bantu bifuza guhuza umuti wa cocaine. Ibi ni ikimenyetso gikomeye ko hari icyiciro cyo mu kuvura kitagikora - ikibazo cyo gufata cocaine kigira ingaruka mbi kandi giterana ubuzima, kandi kutifashisha imiti y'ubuvuzi ifatwa neza kugira ngo bitabwe ni kimwe mu byakozwe bidatanga umusaruro mu kuvura ibiyobyobyo.

Ntacyo.

Imiti ifite ibisobanuro by'uburyo bwafasha abantu bagize ikibazo cy'inyangamuke ya cocaine.

Imiti.	Ibuze n'uburyo byatuma ibintu bigenda uko.	Ibintu by'ubuzima n'ibimenyetso bya kliniki.
Bupropion (Wellbutrin)	Kunyanga ubwonka bwa dopamine na norepinephrine; ibimenyetso bike byerekeye kugabanyiriza ubushake bwo gufata cocaine; ibimenyetso bikomeye ku mpfu y'umutuzo ituruka mu kwicuruza cocaine.	CYP2B6 ituma umwuka ushindwa—abantu batanga umukamo mwinshi bashobora kugira levels z'umutungo mu maraso bifite ubwo buryo bwinshi n'ubwo dose y'ibintu bisanzwe. Abantu bafite genotype ya Val/Val yo ku gice cya COMT bashobora kubona ko bupropion itanga ubushobozi bwo kugeraho mu ntambara ya dopamine, bituma bakoresha ibindi bitumvikana nabi. Ifite inshyize z'ibintu bibiri: ifasha guhoza imirimo y'ubuzima no kurwanya indwara y'intyazima, kandi itanga ubushobozi bwo kugeraho mu ntambara ya dopamine ku muntu ufite uburyo bw'umuntu. Itanga n'igisubizo ku bantu bagira indwara zivuye muri ubwonko (ADHD).
Modafinil / Armodafinil	Ibyo byongerera ubushake bwo gukora, kandi bifite imikundiyeho ya DAT na NET; hari ibimenyetso byerekeranye no kurira cocaine ndetse n'ubumenyeburwa mu gihe cy'iyanduye.	Si igikorwaremeza (ntigire ingaruka z'amfetamine) ariko ivuza ubwonkora kandi itanga inkunga yoroshye ku butubutabu bwa dopamine, nta ngaruka zirenzeho cyane zo kwiyumburira. Iyi mvura ifite agaciro gihangayikije mu gufasha abantu bifatanywe n'ibindi bibazo kandi bari barahagaritse cocaine, kuko ivura ubwonkora butazwi neza no kuruka. Ivuzwa n'intunguru CYP3A4. Ibiganiro na muganga ushoboye mu bya mirire y'umwani ni ngombwa.
Naltrexone.	Umugogoro wa	Abantu bafite igene OPRM1 A118G

	receptor ya opioid – urangiza ingaruka zo guhumeka ziturukira ku cocaine binyuze mu guhindura ibintu birimo opioids; hari ibisobanuro bike by'ubushake bw'ibiyobyobyo bya cocaine muri zimwe izindi nkundiye.	bashobora kugira ingaruka zirenze izindi. Hari ibimenyetso bimwe bigaragaza ko Naloxone ishobora kugabanyiriza icyumweru cy'inyoberamvutsi cyo kunywa cocaine, bityo no kuba guhagarara bitakwiba neza, kuko ntibishobore gutanga inyoberamvutsa. Ntabwo ari umuti wambere, ariko ashobora kuba mwiza mu buryo bw'ubuvandimwe bw'ibitwara byombi: cocaine n'inzoga.
GLP-1 agonists (semaglutide, tirzepatide)	Kwerekana ibyishoro by'ubushake binyuze mu gukora imirimo y'udopamine n'ibindi bitandukanye byo mu buryo bw'ishyaka; amahugurwa ya 2025-2026 agaragaza ko hari intambwe itanga ibyiringiro mu kugabanyiriza ikoresha cocaine.	Ubutumvikire bukomeye buvuka mu kuvura kw'ibiyobyobyo bya cocaine. Iyo nyama y'ubutunganya itangaje, yagaragaye ko irenga 50-60% mu kugabanyiriza ubuvumbuzi bw'inzoga kandi amazina mashya avuga uko igomba kuba ifite icyo gukorera muri overdose ya opiyoyi. Ubu hari ibimenyetso bimwe na rimwe byagaragazwa ko naryo rishobora kugira icyo gikorera cocaine. Muganirize umuganga - inyuma y'ubuzima bwa metabolike ishobora no gufasha kubuza zimwe mu ngaruka z'uburwayi zivuyemo ubuvumbuzi bwacoine.
Disulfiram (Antabuse)	Gukoresha ibintu bitagenze neza kuva mu ngabo - gukurikiza ubushake bwa dopamine beta-hydroxylase, kugabanyiriza igice cy'amazi ya norepinephrine kandi bigashobora kugerageza icyizere cyo gufata cocaine.	Ibyimenyiste by'ubushakashatsi bitandukanye—imyirondoro imwe igaragaza ko iyi ngingo ishobora kugabanya ubushake, naho izindi zitabyigaragaza. Ishobora kuba ifite umusaruro mwiza ku bantu bafite ikibazo cyo gufata ibinyobwa ndetse na ruswa. Iyi ngingo itanga ingorane zikomeye igihe ufatiwe ibinyobwa, kandi ukwiye kwirinda kugira icyo wifuzaho. Abantu bafite umwiharuro wa ALDH2: bagira ingorane zirenze izindi igihe bifatira ibinyobwa.
Imiti itazwiweho gufasha mu gutuma umwani (ADHD) idasobeye.	Ubweme bw'uko umuntu afite kandi ADHD: atomoxetine, bupropion, guanfacine, viloxazine; bifasha gukemura ikibazo cyo mu marimbe ya DAT/DRD4 kigendereho uko umuntu yishakira ibintu byamufitiye akamaro (cocaine)	Iyi ni imwe mu byikorwa bishobora gufasha cyane mu kuvura abantu bagize ikibazo cyo gukoresha ibiyobyobyo, cyane cyane abo bakoresha cocaine ndetse bakaba barwaye ADHD. Umuntu wari yakoreshaga cocaine kugira ngo abe afite ubushake bwinshi ashobora kubona indi ntambwe itagira icyo imuhemba. Ibi biratuma umuntu atazongera gukoresha cocaine kuko yabonye ikindi cyamubereye. Muganire n'umuganga ushinzwe kuvura ibiyobyobyo.

	bituma yumva neza.	

Ijambo ryiza.

UMUGWI - Umuguzi ntibimushakaga ko ahunga. Yashakaga intambara itazwi.

Ibyo byanditswe mu gitabo cyo kwigisha bishimikiye ku bagize ko guhimbazwa, abantu batakaje igihe mbere y'aho babwirwa ko ubuzima bwabo butari ikibazo. Mu muryango w'abajijwe, abo batakaye igihe bashoboraga kuba abantu bafite imbaraga zirengeye abandi – abantu bafite imbaraga nyinshi, abantu bagira intego, kandi abantu bafite ubwenge. Ibirungo bya cocaine yatumirwa muri bo kuko yari yakozwe neza kugira ngo ifuze ibyo batagombaga kuba n'ibyo bifuzaga.

Byari iby'umuntu, ariko ntibafite ubushobozi bwo kugira uburyo bwo gukora byinshi. Ibyo byatumye batagira umusaruro w'amashanyanimwe uhagije kugira ngo babashe kwiyumvisha ko bariho kandi bakenera. Cocaine yari igisubizo cyo gutanga uwo musaruro. Ariko, cocaine yagiraga ingaruka mbi zirenze ibyiza byayo.

Ubuvuguzi bw'ubuzima buherereye muri iyi gahanda ntibushobora guhindura umuntu akaba umunini, utuje, cyangwa ufite imyitwarire myiza. Umugabo w'intambwe (The Warrior) ntabwo ashobora kuba umunyampaka (Sage) mu buvuguzi bw'ubuzima. Ibyo byumvikana ko ntibishobora guhinduka. Inyifuza yo kubaho ntishobora guhagarara. Igipimo cy'amashanyarazi ya dopamine ntikwishyira ahagaragara.

Ibyo byatanga umugisha ni ukumenesha inyifato yo gufunga umubiri ku bahanure bitera ibibazo, bigateza uburwaya mu mutwe.

Umuntu ushoboye, ugiye mu mwimerere y'ubuzima bwimbitse - ukoresha imbaraga ze zirenze ibyo yumva, gukina umupira cyangwa gukora ikintu gikomeye, kwiga icyaba kigiheruka, kubaka igikintu gitanga inkunga abantu bari mu kabazo - si umuntu wagezweho. Ni umuntu wuzuye. Ni we umuntu yari yarashize inyuma, uwo cocaine yari yarimburaga.

Ubwato bw'ubuzima buri kenshi bwari bufite agaciro. Ibyo byose bisabaga igipimo cy'ubwumvikane.

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Soma amasomo yose agaragazwa mu "Recovery Kernel Complete Centurion Compendium".
Ikeraho: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Muri iyo mpapuro, ntukwirakaze ibindi bitumvikana.
2. Ntushyireho andi mategeko cyangwa amabwiriza.
3. Ntushyireho numero z'ubuguzi kuko atari zo zakwiye.
4. AMATEGEKO YAGARAGAZWE - wirukira neza, ntukubahindure:
Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.

8. Amagambo y’umutekano: ntuyahindure.

Ikeraho: Gahunda ururimi rukoreshwa.

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6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis: Gahunda ururimi rukoreshwa.

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4. AMATEGEKO YAGARAGAZWE - wirukira neza, ntukubahindure: Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

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4. AMATEGEKO YAGARAGAZWE - wirukira neza, ntukubahindure: Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis: Gahunda ururimi rukoreshwa.

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6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis: Gahunda ururimi rukoreshwa.

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5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Muri iyo mpapuro, ntukwirakaze ibindi bitumvikana.
2. Ntushyireho andi mategeko cyangwa amabwiriza.
3. Ntushyireho numero z'ubuguzi kuko atari zo zakwiye.
4. AMATEGEKO YAGARAGAZWE - wirukira neza, ntukubahindure:
Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Muri iyo mpapuro, ntukwirakaze ibindi bitumvikana.
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3. Ntushyireho numero z'ubuguzi kuko atari zo zakwiye.
4. AMATEGEKO YAGARAGAZWE - wirukira neza, ntukubahindure:
Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Muri iyo mpapuro, ntukwirakaze ibindi bitumvikana.
2. Ntushyireho andi mategeko cyangwa amabwiriza.
3. Ntushyireho numero z'ubuguzi kuko atari zo zakwiye.
4. AMATEGEKO YAGARAGAZWE - wirukira neza, ntukubahindure:
Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranze ibintu byose: amabwiriza, amataliki, amafoto, n'ibindi.
6. Niba umwandiko warimo ururimi rukoreshwamo, wirukire neza.
7. Ikinyarwanda gusa.
8. Amagambo y’umutekano: ntuyahindure.

Crisis

⚠ AMAKUGA YO GUSHOBORA KUGIRA UBUTORE - NTIBIMENYETSO BYA MEDISINI.

Uburyo bwo kwirinda cocaine n'amayeri aguruka, mu rwego rw'inyandiko zireba ibintu byumvikana neza.